

FLORIDA JOINT CARE INSTITUTE

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Post-Operative Instructions after Total Knee Replacement Rapid Recovery Program

You should already have an appointment for your first post-op visit and suture removal (if needed) in our office within 2 weeks of surgery. If not, be sure to call and schedule one.

- If you are starting outpatient therapy at the time of discharge your first appointment should have been already made. Alternatively some patients may be using a home health care agency for physical therapy at home. The home health care agency should contact you in the first 24 hours after you arrive home. If no one contacts you then call the agency number on your discharge instructions given to you. Home physical therapy is generally 2-3 times per week until your first post-op appointment and then you will be transitioned to outpatient physical therapy at that time.
- Your surgical dressing that you leave the hospital with is waterproof and can be left in place for 7 days after you have been discharged. You will be given another dressing when you leave the hospital and should replace your current dressing with that one 7 days after discharge from the hospital. If you notice any staining on your dressing, it needs to be changed sooner. It is very important to keep your incision site clean and dry at all times, **DO NOT** apply any ointments to your incision.
- You are able to shower. Cover your dressing with saran wrap while showering to ensure the incision and dressing stay dry. Do not get incision directly wet until we see you in our office for your first post-op visit. Absolutely no tub soaking or swimming.
- Despite great care, any incision can become infected. Contact the office immediately if you develop fever, chills or redness to the incision site, or drainage from the incision site.
- Elevate the affected knee with two pillows **UNDER THE ANKLE** as tolerated for swelling and pain control. Must be elevated higher than the level of your heart for adequate swelling control. A rolled towel under the ankle will also help with extension. **Never put anything under your knee.** Getting your knee fully straight (fully extended) is one of the most important things for a successful total knee replacement.
- Ice can be used on a daily basis. Ice your knee in 20 minute intervals on/off as needed for swelling and pain control. Be sure to ice after your physical therapy sessions. Do not apply ice directly to the wound. Make sure to wrap in a towel or wash cloth to prevent moisture to the incision.
- You are participating in our rapid recovery program. The use of Aspirin and the Vena Pro compression devices are mandatory following your surgery to prevent the formation of blood clots. You must use the compression devices for a minimum of 10 hours per day for the first 10 days after surgery. Take Aspirin 325mg twice daily for a total of 1 month from surgery. Make sure you are ambulating with an assistive device at all times.
- You were given a prescription for pain medication following your surgery. Please take this medication as prescribed. Some patients may not be experiencing pain initially after surgery due to anesthesia or potential nerve blocks that were administered but we still do recommend patients take pain medications during this time to stay ahead of any potential pain as their anesthesia and/or nerve block wears off.

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