



## **Total Knee Replacement Post-Operative Instructions**

1. **Swelling** Swelling after a total knee replacement is typical. There are several steps you can take to limit swelling:
  - Compression- After your total knee replacement, you will be placed in either compression stockings or an ACE wrap. It is crucial to wear these for the first 2 weeks. You may remove for bathing. Use them until your 2 week follow-up when we will direct you on use after this time.
  - Elevation- We recommend elevation of the surgical leg above the level of your heart consistently for the first week. Do not spend longer than 30 minutes sitting with the knee bent.
  - Ice- Use ice 30 minutes every waking hour as available until your 2 week follow-up.
2. **Driving**
  - No driving on any day that you have taken a narcotic pain medicine including Oxycodone, Hydrocodone, Percocet, Norco, Tramadol, or Ultram.
  - No driving for 2 weeks after surgery.
3. **Dressing Care**
  - Your dressing may remain in place until your 2 week follow-up.
  - Your dressing has antimicrobial activity and will help prevent infections.
  - Pat waterproof bandage dry after bathing.
  - If saturated, remove bandage and clean the incision site with rubbing alcohol, apply gauze to surgical site and tape/ace wrap. Your therapist can help with dressing changes.
4. **Blood Clot Prevention**
  - You will be on anticoagulation medicine to prevent blood clots after your surgery. Even with this medicine blood clots still may occur.
  - Signs of a blood clot- Increase in swelling or pain at the calf. There may also be redness or warmth.
  - If you have any of these signs, please call our clinic for further advice. (865)251-3030
5. **Walker**
  - Use walker at all times until a provider or physical therapist clears you to use a cane.

(over)

## **6. Pain Medication**

- We recommend that you decrease use of narcotic pain medicines within the first 2 weeks of your surgery
- You may take Tylenol (acetaminophen) and Advil (ibuprofen) for pain if you do not have other medical conditions that prevent taking NSAIDS or Tylenol. We recommend taking 650mg Tylenol, wait 1 hour, if you still have pain then take 600mg Advil. Continue with this schedule, taking Tylenol every 6 hours and Advil every 8 hours.
- Do not take Tylenol or NSAIDS if you have been instructed to avoid taking them by a physician.

## **7. Therapy**

- It is essential that you schedule and attend regular physical therapy appointments for the first month as directed by the doctor. Your first visit should be within 2 days of discharge from the hospital.
- The full length of therapy will depend on many individual factors and your doctor will discuss these with you.