



YOUSIF
Orthopedic Surgery

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POSTOPERATIVE INSTRUCTIONS FOR KNEE REPLACEMENT

1. A prescription will be provided for pain before your discharge home. You may also be given a prescription for a blood thinner or instructed to use 325mg aspirin twice per day. This blood thinner prevents blood clots in your legs. You will remain on this for upwards of one month.
2. Ice should be applied to your knee 30 minutes at a time 4-5 times a day (except when sleeping) for the first 1 or 2 weeks. After the first few weeks you may apply ice 1 hour every day or whenever you experience pain. Do NOT use heat.
3. You should begin physical therapy 3 times a week as soon as you are discharged from the hospital. The initial goal of therapy is to work on your range of motion. You should be able to extend (straighten) your knee completely after 5-7 days. It is important to work on this immediately. Under no circumstances should a pillow be placed behind your knee-this allows the knee to remain bent and prevents you from working on extension! You will also be working on the flexion of your knee in physical therapy-this may take 3-4 weeks to become closer to normal.
4. A soft conforming dressing has been applied to your knee. You should also have thigh high stockings that keep pressure on your legs to keep the swelling down. These should remain on at all times during the day (except showering). They may be removed at night if I feel your swelling is minimal at your first post operative visit.
5. I use a sterile occlusive dressing that is applied in the operating room. If you have one of these it is to remain on your knee for 7 days post operatively. You may shower with this on if you have one.
6. There will be small strips of tape (steri-strips) over the incision. DO NOT remove these strips of tape. You may shower when you are discharged from the hospital. Tub baths are not allowed until ok'd by me. Do not scrub the incision or place ointment on it.
7. You will go home with home health care, you will see me 10-14 days post operatively at which point we will begin outpatient physical therapy.
8. Activities:
 - (a) Let pain be your guide to activity (too much pain = too much activity). A walker or cane may be necessary for comfort. You may bear as much weight on your leg as you can tolerate. The knee is completely stable and will not be injured by placing full weight on it.
 - (b) Some amount of swelling and bruising may be present postoperatively. Remember to use the stockings if swelling is present and increase the use of ice.
 - (c) If you are still working discuss your return to work date with me at your first postoperative appointment.
9. When you get home from surgery please call my office for a follow-up appointment in 10-14 days. Until your first postoperative check in the office, DO NOT swim, take tub baths, or use a whirlpool. Please do not place ointment on incision. You are only allowed to allow soap and water to rinse over your incision.
10. If you develop a fever of 101.5 degrees or above, unexpected redness or additional swelling in your knee or calf, you may take Tylenol or Advil and call my office immediately. **CALL MY OFFICE TO MAKE SURE YOU HAVE A POST OPERATIVE VISIT AT 10-14 DAYS POST OPERATIVELY.**