

## 1. Dressing:

Change your dressing as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment.

## 2. Medication:

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

You may be given an anti-inflammatory medication \_\_\_\_\_ to be taken once daily for 2 weeks following surgery, then this may be taken daily as needed.

You will be placed on one of the following medications to reduce the risk of blood clots:

- Aspirin** 325mg twice a day for 6 weeks
- Lovenox** 30mg Injection twice a day for 1-2 weeks
- Coumadin** once a day for 2-6 weeks. Dose \_\_\_\_\_  
(this requires blood draws twice a week to ensure appropriate dose)

If you develop any calf or thigh pain, increased swelling, chest pain or shortness of breath, call the office immediately or go to the ER as these are symptoms of a deep venous thrombosis (blood clot) in the leg.

You should take a multivitamin with iron daily for 4 weeks following your surgery.

## 3. Activity:

You may place full weight on the knee with activity as tolerated with a walker or cane as needed. Exercise as much as possible. The more active you are, the more your leg may swell and this is to be expected. Ice and elevate the leg to reduce swelling. Compression stockings may be worn for comfort.

Keep the knee straight & fully extended at rest without a pillow under the knee as this may cause stiffness. It is important to work on getting full extension after surgery and flexion (bending) will improve as swelling resolves. Work on bending the knee to at least 90 degrees and increase range of motion as tolerated.

The best progress is made by doing the exercises consistently, either with a physical therapist or independently.

#### 4. General Instructions:

Apply ice to the knee (20min on /off) and elevate to reduce swelling. It is normal for swelling in the knee to persist for several months following surgery.

Narcotic pain medicines used often can cause constipation. Increase fruit & fiber in your diet, and if needed a stool softener can be prescribed.

The amount of exercise each person tolerates and the rate of recovery following joint replacement vary. Some people will find that they can push themselves more each day without causing more pain or setbacks, while others may find that they can overdo the exercises on occasion. As a general rule, if you find that you are losing ground in what you can tolerate (motion, walking ability) or you are very sore after a lot of exercise, you may need to lessen your activity or rest a day.

If your pain is becoming progressively worse, or if you are consistently losing motion and function, you should notify your doctor.

**If you notice any signs of infection such as increased pain, redness, swelling, excessive drainage from the incision or fever >100.5° F, call the office immediately.**

#### 5. Follow-up appointments

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

#### 6. Future Dental or Surgical Procedures:

If you are going to have any dental work (including cleaning), surgery or any invasive procedure, inform your doctor or dentist that you have had a joint replacement. You will need to be placed on an antibiotic prior to the procedure to lower your risk of developing an infection in your new joint.

#### 7. Other Instructions:

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*If you have any problems or concerns following surgery, please call our office at (616) 949-8945.*