

**POST- OPERATIVE INSTRUCTIONS**  
**PROCEDURE: TOTAL OR PARTIAL KNEE**  
**REPLACEMENT**

- Dressings: Your knee incision is covered by a mesh dressing covered with superglue. Please do not remove this
- Cold Therapy: Apply ice to the knee in a waterproof bag for 20 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt or pillowcase.
- Crutches or Walker: Use crutches or a walker at all times. You may weight bear as tolerated on your operative leg
- Range of Motion Exercises: The most important part of your rehabilitation in the first 2 months is motion. For the first week you should focus on getting your knee fully straight. You should also work on flexing your knee during this first week, **but straightening the leg should be the first priority.** You should not sit with your knee flexed for prolonged periods of time. Starting the second week you should continue focusing on straightening the leg but flexing the knee will become a larger part of your rehab. See the Rehab protocol sheet for more specific instructions.
- Elevation: Elevation can help reduce swelling. Rest a small towel under your ankle and leg your knee straighten. **Do not put a pillow under your knee.**
- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- DVT (blood clot) prevention:
  1. Perform range of motion exercises for the uninjured leg to exercise calf muscles. Do ten reps every hour minimum while awake
  2. Beginning the day of surgery, take an 81mg Aspirin twice daily for 4 weeks unless not allowed for other medical reasons.
- 1st Post-Operative Appointment: Please follow up 4 weeks after surgery. At that visit we have two priorities
  1. Ensure that the wound is healed. The mesh dressing will be removed at that time
  2. Range of motion check. You should be able to flex the knee from 0-90 degree.

- When to call your surgeon:
  - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
    - Persistent fever >101, chills
    - Increasing pain at the surgical site
    - Increased swelling/pain in the calf
    - New onset numbness or tingling
    - Hives or new rashes
    - Shortness of breath or chest pain
    - Persistent nausea/vomiting
  
- Prescription Refill Protocol: You **MUST** give your physician 48 hours notice for any medication refill. Many medications require an electronic prescription and cannot be filled over the weekend.