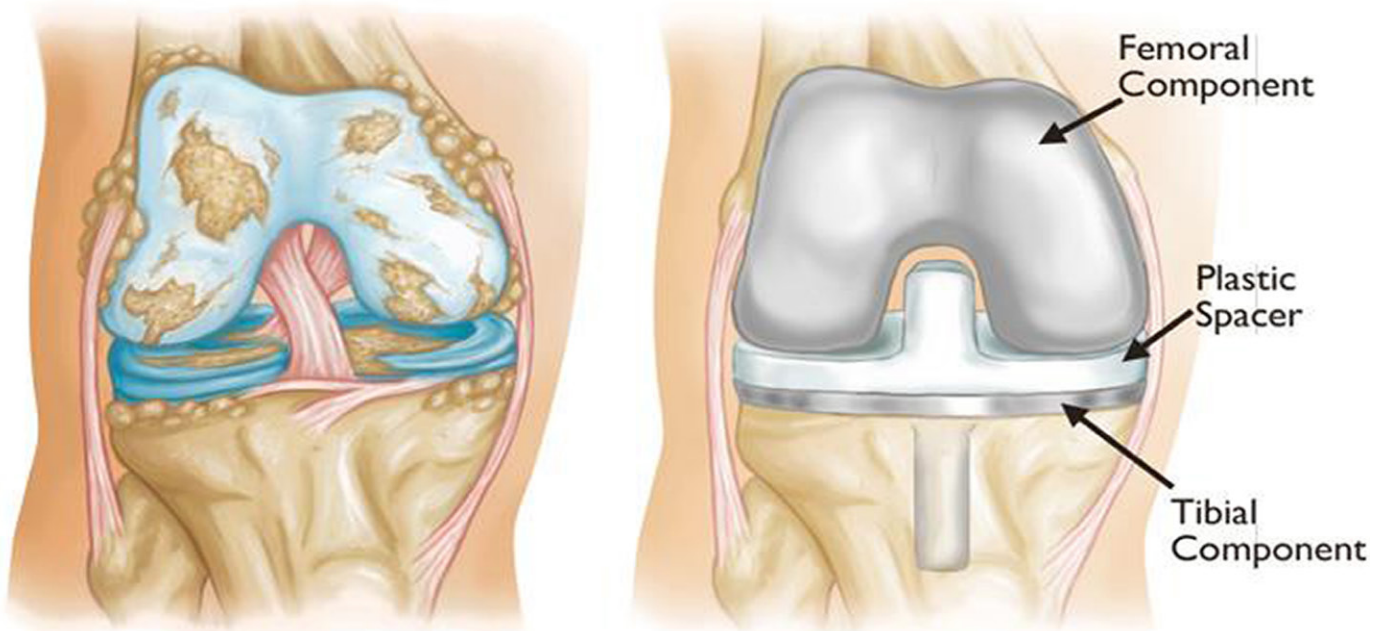


POST-OPERATIVE INSTRUCTIONS FOR A TOTAL KNEE REPLACEMENT



The following is an outline of instructions and information for post-operative MAKO total knee replacement. Please follow these instructions specifically and if you have any questions, contact the Surgeon.

Dressing Care

Keep your dressing clean and dry. All Ace wrap should be kept on for the first 48 hours. Once 48 hours has passed you may take these bandages off down to the waterproof barrier or Aquacel dressing and shower. The waterproof barrier can get wet, use a clean towel to pat dry. The waterproof barrier will stay on for 2 weeks. If soiled or peeling notify your visiting physical therapist as they can replace this dressing. Do not place ointments such as Neosporin, etc. onto wounds!

Bathing

No showering for first 48 hours. You may shower with Aquacel over the incisions 48 hours after surgery. Do not soak in water such as a bathtub, hot tub or swimming pool for 4 weeks.

Pain and Swelling

It is normal to have pain and swelling in your knee after surgery. The swelling may last 6-9 months, and the pain is variable. Acute pain, however, usually is relieved after the first three to seven days after surgery. It is normal to even see some bruising up to your thigh or down to your calf and ankle. Take your oral pain medication as directed for pain. If you have severe pain and swelling or redness in your calf that persists, you should contact the Surgeon.

How to Minimize Swelling

Make certain your ace bandage is not too tight. If it is, you may loosen it.

1. Use the cryo knee cuff over your knee for the first 7 to 10 days (usually 20 to 30 minutes on and 20 minutes off). Do this at least every two hours for the first week. Do not place the ice bag directly on the skin, make certain there is a towel or bandage between the ice and your knee.
2. Elevate your leg so it is above the level of your heart (i.e. if you are sitting, prop your ankle up on several pillows).

Activity/Weight Bearing

You may bear weight as tolerated on the operative leg. You will need a walker or crutches for the first week or two and possibly a cane for a few more weeks. You are to perform flexion and extension exercises right away 3 to 4 times a day. When sitting, you should keep your leg elevated and out straight. Try to refrain from using a pillow under the knee. You can use your knee cryocuff and use as often as 5 times daily for 20 minutes at a time. Make sure there is always a barrier between the cryocuff and your skin (ie. Hand towel). You may walk as much as you are comfortable. Outpatient physical therapy will begin 2 weeks following surgery.

Physical Therapy

A visiting Physical therapist will meet you at your home either same day of discharge or first thing the following day. This home PT will last 1-2 weeks. After that you will transfer to outpatient PT. The outpatient PT referral will be given to you at your Pre-op appointment prior to your surgery so you can schedule these appointments ahead of time.

Driving

Do not drive unless cleared by the Surgeon You must be able to comfortably use the brake and gas pedal and be off all pain medication before you can be cleared to drive. Most patients who have surgery on their right knee can drive after 3-4 weeks.

Medications

Pain

- Oxycodone 5 mg, 1 tablet every 4-6 hours for pain as needed
- Naproxen 500 mg, 1 tablet every 12 hours for pain and swelling. Take with food.
- Over the counter acetaminophen

Other:

- Aspirin 81 mg, 1 tablet q 12 hours for DVT/PE prophylaxis for 4 weeks
- _____

Do not put any ointments on incision sites, waterproof bandages only.

Warnings

Notify the Surgeon immediately if any of the following occur:

- Excessive bleeding
- Excessive non-bloody wound drainage beyond the first three to four days
- Poor pain control
- Fever greater than 101.5 degrees Fahrenheit after post-operative day three
- Increased redness along incision
- Calf pain or swelling

Follow-up with the Surgeon

As Scheduled in 6 week(s) Date of follow up appointment: ____/____/____
Please call to schedule your post- op appointment if not already scheduled or if you have any questions or concerns. After 5 p.m. or on weekends you will be forwarded to our on-call physician.