



FLORIDA JOINT CARE INSTITUTE

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Post-Operative Instructions after Total Knee Replacement

You should already have an appointment for follow up in our office within 2 weeks of surgery. If not, be sure to call and schedule one.

- The nurse from a home health care agency should contact you in the first 24 hours after you arrive home. If no one contacts you, then call the agency number on your discharge instructions given to you. The home care agency will also set up home physical therapy to come in 3 times a week.
- Either the patient or home health care nurse should perform daily dry dressing changes to your incision site. Keep your incision sites clean and dry, **DO NOT** apply any ointments to your incision.
- Cover the incision with saran wrap while showering until the wound is completely dry without any drainage. Do not scrub the incision, let water/soap run over it and then pat it dry. Do not soak in a tub or go swimming.
- Despite great care, any incision can become infected. Contact the office immediately if you develop fever, chills, redness to the incision sites, or drainage from the incision site.
- Elevate the affected knee with two pillows **UNDER THE ANKLE** as tolerated. Discontinue when comfortable. A rolled towel under the ankle with also help with extension. **Never put anything under your knee.** Getting your knee fully straight (fully extended) is one of the most important things for a successful total knee replacement.
- Ice your knee as needed for 20 minute intervals on/off as needed. Be sure to ice after your physical therapy sessions. Do not apply ice directly to the wound, wrap in a towel or wash cloth to prevent moisture to the incision.
- You were given a prescription for pain medication following your surgery. Please take pain medication as prescribed. You were also given a prescription for a blood thinning medication following your surgery to prevent the formation of blood clots. Take this medication for 4 weeks following your surgery as prescribed.

A REGISTERED LIMITED LIABILITY PARTNERSHIP FOR ORTHOPAEDIC SURGERY

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