



Orthopaedic
Associates of
Zanesville

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Physical Therapy: 740-454-6022

Knee Replacement Discharge Instructions

Dr. Kimberly

1. **Dressing:** Keep the dressing clean and dry. You may remove the outer wrap in 1 day. Unless saturated, the adhesive Aquacel dressing should stay in place until follow up. Glue along the incision should slough off after 2-3 weeks.
2. **Showering:** You may shower assuming there is no drainage leaking from the bandage.
3. **Swelling:** It is common to experience some swelling and bruising in the entire surgical leg for weeks after surgery. Ice can be helpful for swelling and pain. Use for 20 minutes at a time and not directly on the skin. Elevation is also helpful.
4. **Activity:** Resume daily activities as tolerated. Unless otherwise mentioned, full weightbearing is permitted. Local anesthetic and the nerve block tend to wear off in 18-24 hours. Basic exercises and range of motion to the joint may be started on the day of surgery as tolerated. Please do daily exercises and keep physical therapy appointments.
5. **Medications:** You may be prescribed several of the following medications:
 - a. Pain: Percocet, Norco, Dilaudid, Tylenol #3, or Ultram
 - b. Antibiotics: Keflex or Clindamycin for 24 hours after surgery
 - c. Blood thinners: Aspirin, Xarelto, or Lovenox for 2 weeks after surgery. Early ambulation is vital to preventing blood clots. Compression stockings and calf compression pumps may also be used. Frequent ankle pumps are also helpful.

Keep in mind all narcotics will cause drowsiness. They should not be combined with alcohol or driving. Taking these medications with food is helpful to avoid an upset stomach. All home medications may be resumed unless otherwise mentioned. NSAID's may be resumed once blood thinners are finished.

6. **Signs of infection:** With any surgery, it is important to be aware of signs of infection, which can include: unusual or smelly drainage (green/yellow), redness, increased tenderness around the incision, fever (101 degrees or above), or chills. Also be aware of excessive bleeding or continued numbness or tingling. If you experience any of these symptoms, call our office. There is a doctor on call 24 hours per day.
7. **Postop appointment:** A follow up visit should be arranged for 2-3 weeks after surgery with either Dr. Kimberly or a PA-C. Surgical findings will be discussed, x-rays will be taken, and wound examined. If your appointment needs adjusted or made, please call 740-454-3273. If you have any additional questions or concerns, please call our office at **740-454-3273**.

