



# ORTHOPEDIC PARTNERS

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## Total Knee Arthroplasty

### Post-Operative Instructions

#### Medications

- A pain medication prescription will be sent to your pharmacy.
- Please take the **Gabapentin** 2x/day for nerve pain
- You may take the prescribed medication as directed.
  - 1) Please take the **Celebrex** 2x/day for 6 weeks
  - 2) You may take Tylenol prn pain relief
- **DVT Prophylaxis** (your discharge instructions will determine which medication to take)
  - 1) **Restart your home blood thinner (if applicable) OR**
  - 2) **Take one 81 mg Aspirin 2x daily for 1 month** to prevent blood clots
- Ice bags and elevation should be utilized to decrease swelling and pain. Ice should be applied to the knee up to three times a day for 20 minute periods until swelling subsides
- On-Q Pain pump
  - 1) The pump delivers a local anesthetic to the knee for approximately 3-4 days. Once this has completed you may remove the pump and catheter and place a dressing over the catheter site.

#### Wound Care

- You may remove the ACE wrap and gauze on your 2<sup>nd</sup> post-operative day. The adhesive dressing should stay on at all times until your follow-up visit
  - 1) Dr. Piposar will remove the dressing at your first post-operative visit
- Showering is acceptable after 72 hours. You may get the clear dressing wet but do NOT scrub the incision sites.
- No swimming or tub bathing until cleared by Dr. Piposar at your first post-operative appointment

#### Rehabilitation/ General Post-Op Care

- You will be able to put as much weight as you can tolerate on your leg utilizing crutches.
- Start physical therapy immediately in addition to your home exercises program (see attached)
  - 1) Your main goal the first month of surgery is to work to regain knee range of motion
  - 2) You should perform your home exercises 3-4 sessions per day at a minimum of 30 minutes per session
- You are to sleep with your leg fully extended. Please do not place any cushions or pillows behind the knee. You should place a pillow or rolled up towel behind the ankle (ankle bridges) to assist with restoration of knee extension
- Strengthening and gait training will begin after the first month

#### Important Notes

- Peri-incisional numbness, swelling, and bruising are normal after a knee replacement procedure.
- Average healing time is 4-6 months from surgery
- Please call the office if experiencing any of the following:
  - Fevers >100.4°F, chest pain, shortness of breath, drainage through the bandage

## Early Post-Operative Exercises

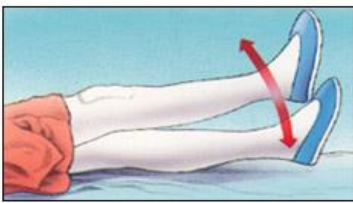
*Start the following exercises as soon as you are able. You can begin these in the recovery room shortly after surgery. You may feel uncomfortable at first, but these exercises will speed your recovery and actually diminish your post-operative pain.*

**Repetitions per set: 20**

**Sets of each exercise: 3**

**Sets per day: 3**

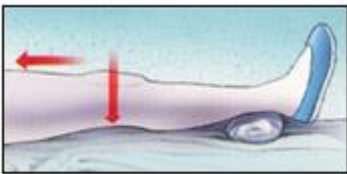
**Quad Sets** - Tighten your thigh muscle. Try to straighten your knee. Hold for 5 to 10 seconds.



**Straight Leg Raises** - Tighten the thigh muscle with your knee fully straightened on the bed, as with the Quad set. Lift your leg several inches. Hold for 5 to 10 seconds. Slowly lower.



**Ankle Pumps** - Move your foot up and down rhythmically by contracting the calf and shin muscles. Perform this exercise periodically for 2 to 3 minutes, 2-3x an hour in the recovery room. Continue this exercise until you are fully recovered and all ankle and lower-leg swelling has subsided.



**Knee Straightening Exercises** - Place a small rolled towel just above your heel so that it is not touching the bed. Tighten your thigh. Try to fully straighten your knee and to touch the back of your knee to the bed. Hold fully straightened for five to 10 seconds.



**Bed-Supported Knee Bends** - Bend your knee as much as possible while sliding your foot on the bed. Hold your knee in a maximally bent position for 5 to 10 seconds and then straighten.

