

MINNEAPOLIS ORTHOPAEDICS

Advanced skills and experience for the results you deserve

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Office Hours: 8:30 am – 5:00 pm Monday thru Friday
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HOME CARE AFTER TOTAL KNEE REPLACEMENT

Wound Care:

- 1) After 3 days remove the dressing.
- 2) Keep a bandage on the wound and change it every 2 days until there is no longer drainage. Some drainage may persist for up to 2 weeks from surgery.
- 3) Wrap knee with an ace bandage for 2 weeks to control swelling through compression.
- 4) Apply ice to knee and elevate above the level of the heart for 20 minutes 3 times per day for 2 weeks.
- 5) Keep the wound dry until the staples are removed.
- 6) Call the office if you develop any of the following:
 - Temperature over 101 degrees
 - Large amount of bright red bleeding from incision
 - Significantly increasing redness, pain, numbness, or swelling
 - Thick, yellow, or foul smelling drainage from incision

Brace:

- 1) The immobilizer is to be worn at night only for **4 weeks**.
- 2) Use crutches or a walker as needed while walking. You may progressively put your full weight on your operated leg, as tolerated.
- 3) Attempt to walk normally within 2 weeks.

Exercises:

- 1) Perform each directed exercise 2-3 times per day. Do 10-15 repetitions per exercise. Ice and elevate your knee above the level of your heart after exercises.
- 2) Physical Therapy is an important part of your rehabilitation. You will have PT while you are in the hospital. Home PT will be set up before you leave the hospital. Outpatient PT will be arranged when you return for your 2 week post-op appointment if it hasn't already been set-up.

Pain:

- 1) A prescription pain medication will be given to you before you leave the hospital.
- 2) Take 2 aspirin each day for 1 month (unless you are allergic to aspirin or have been directed by another doctor not to take aspirin).
- 3) If you need additional pain medication call the office during office hours.
- 4) Some discomfort in the knee is expected for 6-12 weeks. Swelling in the operated knee and foot is often noticeable for up to 6 months.

General Directions:

- 1) Please contact the office, during office hours, to set up your 2 week post-op appointment.
- 2) Keep your leg elevated above the level of your heart as much as possible for the first 48 hours after surgery to help decrease swelling.
- 3) *No* pillows under the operated knee during the day or night.
- 4) If you have any questions, concerns, or are unsure of your appointment times call the office during office hours.