

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## Postoperative instructions Total Knee Replacement

Weightbearing: Weightbearing as tolerated to your operative extremity

Dressing/incision instructions:

- Remove Surgical dressing one week from the date of surgery
- Once dressing is removed perform dry dressing changes daily.
- OK to shower while surgical dressing is in place
- Do NOT allow incision to get wet once dry dressing changes start
- No Lotion, soaps, creams, or ointments to be applied to incision.

Pain control:

- You have been given a prescription to be taken as directed for post-operative pain control. In addition, you may alternate Tylenol and Ibuprofen for pain control.
- Elevate the operative extremity above the heart at all times to prevent swelling and throbbing pain. Pillow should be placed **behind the heel, not the knee**, to elevate and encourage keeping the knee straight!
- May apply ice to incision for pain and swelling relief. Ice to be on for 20 minutes then off for 20 minutes. Do not let ice come in direct contact with skin, place in towel and then apply to skin.
- Take over-the-counter Colace, 100mg by mouth twice a day while taking narcotic pain medications to help prevent constipation.

Blood Clot Prevention:

- Take Aspirin 81 mg two times per day for 6 weeks
- Wear TED hose 24 hours per day for 6 weeks. You may remove for 30-60 minutes per day if needed.
- Ok to wash TED hose with cold water. Air dry to prevent from shrinking.

Please call 931-552-4340 for any problems. Including the following:

- Excessive redness of the incisions
- Drainage for more than 4 days
- Fever of more than 101.5° F

Follow up appointments:

- 1) 10-14 days with Dr. Teske for suture removal and wound check.
- 2) Dr. Teske, 4-6 weeks with XRs

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