



1809 E. 13th Street, Suite 100
Tulsa, Oklahoma 74104
www.toctulsa.com
Phone: (918) 582-6800
Fax: (918) 582-6060

TOTAL KNEE DISCHARGE INSTRUCTIONS

PAIN MEDICATION

- ◆ Your doctor has ordered medicine for you to take to help reduce your pain. It may be helpful for you to take this medicine about 30 minutes before you plan to do your exercises. This will help you tolerate the activity better.
- ◆ Eat something before you take this medicine. Eating may help prevent or relieve a “queasy stomach” (nausea).
- ◆ Unless you have discussed these with your physician or pharmacist:
 - Do NOT drink any alcoholic beverages (beer, wine etc.)
 - Do NOT use sleeping or nerve pills (tranquilizers)
 - Do NOT take any over the counter medications (Aspirin, Tylenol® - your pain medication may already have Tylenol® in it).
 - Do NOT drive or operate a car until cleared by your doctor to do so.

SURGICAL INCISION AND WOUND CARE

- ◆ If you still have staples or stitches, arrangements will be made for you to have them removed by a home health nurse or by your doctor at your first office visit.
- ◆ If you have steri-strips (tape) over your incision, these will begin to come off on their own within 1 or 2 weeks. If the edges begin to curl up, you may remove them by gently pulling both ends toward the center.

ACTIVITY

- ◆ Try to gradually increase your activity each day. Do NOT over exert yourself. Do all the exercises your physical therapist taught you.
- ◆ Limit sitting to 1 hour at a time.
- ◆ Avoid chairs that are low to the floor or use 1 or 2 pillows in the seat to elevate the height.
- ◆ Use your walker or crutches as instructed.
- ◆ Do NOT place anything under your knee (example: pillow). Remember that straightening is as important as bending your knee.
- ◆ Continue to wear your elastic hose (especially at night).
- ◆ You may resume sexual intercourse.

(Turn Over)

SAFETY

- ◆ Remove all throw rugs to avoid slipping.
- ◆ Be careful around pets.
- ◆ Avoid walking on uneven ground.
- ◆ Use walker or crutches, as instructed, at all times, even at home.
- ◆ Inform ALL doctors who will be caring for you that you have had a knee replacement. You may need to take an antibiotic before any dental procedures or any surgery. Consult your doctor.

BATHING

- ◆ Do NOT shower or take a tub bath until your doctor tells you it is okay to do so.

NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Any infection of any kind.
- Fever of 101° or greater.
- Drainage from the incision that has increased or the color of the drainage has changed.
- Your leg is numb, cold to the touch, blue in color, or if you are unable to wiggle your toes. Note: it is normal for your leg to appear darker when you are up walking.
- Pain is not eased by your prescribed medicine. This may be a sign of infection or some other problem.
- Red streaks moving up from the incision.
- Pain in the back of your calf, which is more intense when you move your foot toward your head. Swelling, warmth, red skin color in the calf area should also be reported.