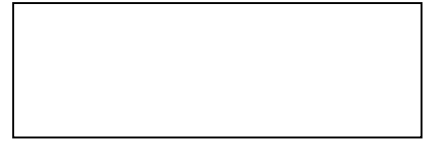




Brian Badman M.D.  
317-745-5403



## TOTAL KNEE REPLACEMENT DISCHARGE INSTRUCTIONS

### Medications:

- Regular Tylenol (acetaminophen), 1-2 tablets may be taken every 4-6 hours, if needed, for discomfort
- Do NOT take additional anti-inflammatory medications (Aspirin, Ibuprofen, Aleve, Motrin, Advil, Meprin) other than aspirin (ECASA) that is started after LOVENOX is completed.
- Review medication instruction sheet given by your nurse for your prescription medications

### Anticoagulation Medication (Blood thinners to prevent blood clots):

\_\_\_30mg Lovenox 2x/day x 10days

\_\_\_40mg Lovenox 1x/day x 10days

**\*\*\* Start 650mg of Enteric coated aspirin everyday for 4 weeks AFTER stopping the Lovenox.**

### Diet

- Regular – Eat a well-balanced diet
- A Multi-vitamin capsule each morning for 1 month is encouraged

### Incision / Line Care

- Your staples will be removed 2 weeks after surgery at your follow-up visit with Dr. Badman. You do not need to keep the incision covered by a bandage. A simple dressing held in place by the support stockings may be used for comfort.
- If you notice any of the following symptoms of infection, please call Dr. Badman's office immediately:
  - Drainage from the incision
  - The incision becomes red and very hot
  - You develop a fever over 101.5 degrees

### Bathing / Showers

- You are usually allowed to shower 5-7 days after your surgery. You should pat the incision dry – do not rub it or apply creams or lotions. If you are unsteady standing, you may use a stool or chair.

### Support Stockings

- Continue wearing your support stockings 24 hours a day as instructed by your physician. The length of time that you will have to wear them depends on your activity level and the amount of swelling. Most patients wear stockings for 2-6 weeks after surgery. You may get ankle swelling for about 3 months, but it should be down in the morning. If you lie down during the day and elevate your leg so your foot and ankle are higher than your heart, the swelling should go away. If the swelling continues or if you have the swelling in both legs, you should call your doctor.

- The following symptoms may indicate the formation of a clot. If you notice any of these symptoms, please call your doctor immediately:
  - Calf is painful and feels warm to the touch

- Persistent swelling of the foot, ankle, or calf that does not go away with elevation of the leg
- Chest pain or shortness of breath

### **Walkers / Crutches**

☑ It is important that you use your walker or crutches for balance as instructed by your therapist. By your 3 week visit to your doctor, you may progress from a walker or crutches to a cane when you feel safe and comfortable.

### **Daily Activity**

☑ Exercise is extremely important for the success of your knee surgery – but you must avoid the extremes of too little or too much.

- **Do not sit for longer than 30 to 45 minutes at a time.** Use chairs with arms. You may nap if you are tired, but DO NOT stay in bed all day. Frequent short walks, either indoors or outdoors, are the key to a successful recovery.
- **You will experience discomfort in your operated knee and you may have difficulty sleeping at night.** This is part of the recovery process. It is important that you do your exercises even though the knee hurts when you move it – 15-20 minutes of icing after exercising is often helpful in decreasing the discomfort. The key to a successful recovery is movement – both exercises and walking.
- **Sleep without a pillow under your knee.** Keeping your knee in one position all night will undo all your hard work during the day. If you have been discharged with a leg support, it may be used at night or through the day intermittently as needed.
- **You should do stairs with support.** Do one step at a time – “good” knee up – “bad” knee down. Use a railing if available.
- **You may not drive a car without your surgeon’s approval.** The decision to resume driving your car is usually made by your surgeon around 6 weeks postoperatively.

☑ Average Recovery Time

- **2-3 Weeks:** Soreness, Stiffness, Swelling
- **3 Months:** Soreness, Stiffness, Swelling begin to resolve  
--Kneeling on knee is okay
- **6-9 Months:** Optimum

☑ **Lifelong Fitness.** The goal of your surgery is a knee that will allow you good motion and the ability to do your everyday activities without pain. This knee is NOT INDESTRUCTIBLE.

Avoid any activities that put a pounding stress on the knee. For example:

- **Jogging or running**
- **Jumping rope**
- **Singles Tennis (Doubles O.K.) and raquetball**
- **Contact sports**
- **Speed walking or race walking**
- **Limit lifting anything heavier than 50 pounds**

☑ Added body weight puts stress on the knee, so try to maintain a reasonable weight

☑ When you recover from surgery, we recommend any of the following exercises and activities:

- **Swimming**
- **Bike riding (if using an exercycle, set it at NO RESISTANCE)**
- **Walking**
- **Golf (do not carry your own bag or use shoes with spikes)**

### **Preventing Infection**

☑ Preventing infection is extremely important for the rest of your life. Your new joint is artificial

and does not have your body's natural protection against infection. Bacteria from a variety of sources can enter your bloodstream and invade the area surrounding your new joint. This can eventually cause it to become loose and painful. A list of possible sources of infection follows, along with things you can do to minimize the risk to your new joint.

- **Dental Work:** Cleaning, drilling, extraction, root canal. Take antibiotics as prescribed prior to dental work
- **Tattoo Work**
- **Urinary Tract or Bladder Infection:** Symptoms: Pain, burning, fever, blood in the urine, increased need to urinate. See your internist immediately
- **Infection in the ears, throat, vagina, etc.** Symptoms: Pain, fever, redness or drainage. See your internist immediately
- **Any invasive procedure, for example, proctoscope, cystoscope, endoscope:** Inform your doctor that you have an artificial joint and need to be given antibiotics to protect it during these tests.

**Follow-up Instructions:**

- ☑ Contact 317-745-5403 for questions or concerns; Otherwise follow-up as scheduled in approximately 2 weeks postoperative.