



Total Knee Replacement

Before Surgery

The night before surgery you can eat and drink until midnight. After midnight, do not drink or eat anything until after your surgery is over. If you have questions about medications that you take in the morning, ask our office for direction.

Recovery after surgery

You will need to stay in the hospital for approximately four to five days. After the hospital, you will be either going home or to a transitional care facility. A physical therapist will be coming to your home to work with you three days a week. Home nursing will also be assisting you.

You will probably have a polar care and CPM machine in the hospital.

- Polar care- a constant automatic cold pack that decreases swelling and pain. Use this three times a day for the first week after surgery.
- CPM- a machine that moves your knee for you while you are in bed. This helps to gain a greater range of motion quicker.

To keep you comfortable, you will be given a prescription for narcotics, ie. Lortab, Percocet, etc. Make sure and take these 1/2 hour before going to physical therapy. Take your pain medications as prescribed. It is easier to keep the pain under control than to get the pain back under control.

To help prevent blood clots you will be taking Coumadin for one month after surgery. This is a medication that will need to be monitored weekly. Also, you will have white thigh high stockings on both legs to decrease the risk of blood clots. Wear these for the first three weeks.

Activities

- The nurses will get you up into a chair the morning after surgery.
- Physical therapy will start immediately. They will begin with range of motion exercises and walking with a walker. Work very hard with your therapist. The first month determines your final range of motion outcome.

Note:

You will need antibiotics whenever you have a procedure, especially dental. Follow up once a year for x-rays to track wear. If you will follow these guidelines your surgery will have a higher success rate. For more information, check out: <http://www.orthoinfo.org/>