

Total Joint Care

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Stephen Struble, MD

Board-Certified Joint Specialist

Total Knee Replacement Patient Home Discharge Instructions For Dr. Struble

SAFETY:

- Remove all throw rugs and electric cords to avoid slipping
- Avoid walking on uneven ground
- No stair climbing until cleared by your physical therapist
- Use walker or cane, as instructed, even at home
- Inform ALL doctors who take care of you that you have had a knee replacement. You may need to take an antibiotic before any dental procedures or other surgery

DRESSING CHANGES:

- No showering until one week post op.
- Your white TED hose (support stocking) should be worn for 3 weeks after surgery. You may remove periodically if uncomfortable
- Your dressing should be changed daily. Unfold gauze over top of incision and hold in place with TED hose. Avoid tape. Home nursing can help with dressing changes.

MEDICATION:

- Unless told otherwise, you may continue taking your previous medications
- Avoid taking aspirin or anti-inflammatories if on Coumadin
- Take the pain medication prescribed according to instructions.
- Keep your pain medication and Coumadin separate to avoid confusion.
- Pain medication may cause dizziness, itching, or shortness of breath. Contact Dr. Struble should any of these occur.

- For those patients given coumadin, will be given daily dosages. These will be adjusted every several days after home nursing performs blood draws.

PHYSICAL THERAPY / CPM MACHINE:

- Physical therapy will visit you weekly to check progress and demonstrate appropriate exercises
- **Continue** physical therapy on your own, try for 3-4 times daily
- When seated, elevate leg up on stool / wastebasket to encourage straightening. Alternate with bending knee to encourage flexion, use good leg to assist bending
- If given CPM machine, use 3 times daily, adjusting the range of motion as you can tolerate. Have physical therapy show you how to adjust the motion. Goal is 0-110 degrees.

SIGNS / SYMPTOMS OF CONCERN:

- Temperature greater than 101 degrees for more than 8 hrs.
- Sudden onset of pain or tenderness in back of calf not relieved with ice, elevation, and pain meds
- Increased drainage from incision, increased redness around the incision that persists despite ice and elevation.

If an emergency occurs at night after hours or on weekends, there is always a physician on call. Call 919.277.0427, push #2 after hours. If you feel a situation arises that requires immediate attention, you do have the option of going to the Emergency Room to be evaluated by an ER physician