

Seeds Orthopaedics

Orthopaedics and Sports Medicine

William A. Seeds, M.D.
416 West 27th Street * Ashtabula, Ohio 44004
Phone: (440) 997-5427

www.drseeds.com
www.allaboutarthritis.com
www.jointreplacement.com

DISCHARGE INSTRUCTIONS FOR TOTAL KNEE REPLACEMENT

Stitches: Your staples are removed 10 days after surgery. If you are discharged before the staples are removed, you will need to call the office when you are discharged to make an appointment for removal of the staples. (If you are receiving home health, the home health nurse can take the staples out.)

Dressing: Once the staples are removed, you do not need a dressing over the healing incision. If you are discharged before the staples are removed, the incision must be cleansed every day with betadine and a new dressing applied with a sterile gauze pad. Paper tape is the least irritating to the skin.

Bathing: You may shower after the staples have been removed. The steri strips are to be left in place. They will curl up and come off on their own. Any steri strips left on the skin after 1 week may be removed.

Activity: () You are weight bearing as tolerated on the () left () right leg along with the use of a walker. Your therapist or physician will tell you when you can stop using the walker.
() You are to bear only partial weight on the () left () right leg along with the use of a walker for 6 weeks following your surgery.

Medication:

- 1) Pain Medication: You will receive a prescription for pain medication. Take the medication, as directed, as needed for pain. As you recover from surgery, your need for pain medication will decrease. Contact your doctor for refills of your pain medication.
- 2) Iron supplements: Unless directed otherwise, you may take one multivitamin with iron every day.
- 3) Aspirin: Take one Ecotrin 325 mg tablet every day. If you use a store brand of aspirin, be sure that it is enteric coated to prevent stomach upset. Take the Aspirin for 3 months after surgery.

Support Stockings: Please wear the support hose daily for 6 weeks. They may be removed at night while you sleep. Rinse them out at bedtime and hang to dry overnight. Be sure to put them back on first thing in the morning. These are worn for prevention of blood clots in the legs. Notify your doctor or go to the Emergency Room if your leg becomes more swollen and you have pain in your calf or behind your knee.

Physical Therapy: You will have therapy 3 times a week for the first 6 weeks following your discharge from the hospital/rehabilitation facility. Your therapist will instruct you on exercises to be done on the other days. It is important to do your exercises every day.
Continue to use the walker until instructed otherwise by your therapist or your doctor.
How soon you can drive depends on your particular surgery and your progress in therapy. Your therapist or doctor can advise you when you are ready to be driving.

Ice Packs: Use the ice packs for 20 to 30 minutes 2 to 3 times a day as needed for comfort. The ice pack should be applied to the knee after therapy or exercises.

Positioning: Do not place a pillow under your knee when you are lying down on your back. It is important for the leg to lie flat to get full extension for the knee. You may lie on your back, side or stomach in bed, what ever position is most comfortable for you. You may find it more comfortable to place a pillow between your knees when lying on your side.

Stiffness: In some cases, the ability to bend the knee does not return to normal after an artificial knee replacement. You have been using a CPM and receiving physical therapy to assist you in regaining motion to the knee. Sometimes scar tissue formation after surgery can lead to a stiff knee. If this occurs, your doctor may recommend taking you back to the hospital to manipulate your knee while you are under an anesthetic to breakup and stretch the scar tissue without you feeling it.

Appointment: You should already have your appointment for follow up at 6 weeks with Dr. Seeds. If not, please call the office as soon as possible after your release from the hospital/rehabilitation facility to make this appointment.

Precautions: Early postoperative problems can be seen by an increase in pain not relieved by the pain medication, a temperature above 101 degrees, bleeding or progressive swelling, or numbness.
CALL THE OFFICE OR GO TO THE EMERGENCY ROOM IF ANY OF THE ABOVE SYMPTOMS OCCUR.

If you have any questions or problems, please call Dr. Seeds' office. The office is open Monday through Friday from 8:00 AM to 5:00 PM and can be reached at (440) 997-5427.

() I have reviewed and received the discharge instructions sheets for total knee replacement.

Date: _____ Patient's Signature: _____

Nurses's Signature: _____