

# Seeds Orthopaedics

Orthopaedics and Sports Medicine

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[www.DRSEEDS.com](http://www.DRSEEDS.com)  
[www.allaboutarthritis.com](http://www.allaboutarthritis.com)  
[www.jointreplacement.com](http://www.jointreplacement.com)

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DISCHARGE INSTRUCTIONS FOLLOWING PARTIAL KNEE REPLACEMENT

**Dressing:** Your dressing will be changed before you leave the hospital. Change the dressing daily using sterile gauze pads and tape (paper tape is the least irritating). You can clean the staples and incision with betadine.

**Stitches:** Your staples will be removed 10 - 12 days after surgery. Keep the staples clean and dry. Do not apply any ointments to the staples.

**Bathing:** You may shower after your staples are removed. Steri strips will be in place on the incision. These will loosen and come off on their own. Any steri strips remaining after one week may be removed.

**Activity:** Rest. Limit your activity for 24 hours after surgery. Thereafter, you may be up as tolerated. You are to be partial weight bearing on the ( ) Right ( ) Left leg, using either crutches or a walker. Elevate your leg periodically throughout the day to keep swelling down. The best elevation is to have the foot higher than your knee and your knee higher than your hip.

**EXERCISE:** You may do leg lifts twice a day: 15 lifts with each leg. Unless instructed otherwise, you may bend the knee in its normal range of motion. You may go up and down stairs.

DO NOT twist, squat or lift weights.

**Depending on your particular surgery, you will be instructed on when you may resume exercising. Please ask your doctor before starting any exercises immediately after surgery.**

**Ice Packs:** Use the ice packs continuously for the first 24 hours after surgery. Thereafter, use the ice packs at least two to three times a day for 15 to 20 minutes at a time, if desired for comfort.

**Medication:** You will receive a prescription for pain medication. Take the medication, as directed, as needed for pain.

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.

**Appointment:** You should have one follow up appointments – at 10 – 12 days for staple removal. If not, please call the office to schedule this appointment as soon as possible after your surgery.

**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 the 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 partial knee replacement.

Date: \_\_\_\_\_ Patient's Signature: \_\_\_\_\_

Nurses's Signature: \_\_\_\_\_

