

Procedure(s) / Surgeries during current admission: Total knee replacement

Please call Associated Orthopedist of Detroit at 586-412-1411 or 586-779-7970 during normal business hours for questions about your recent surgery.

Diet:

- * Resume pre-operative diet.
- * Drink plenty of fluids.

Activity:

- * **No driving for at least 24 hours after your surgery.**
- * **No Important decision making or important legal document signing for at least 24 hours after your surgery.**
- * Full weight bearing
- * Wear knee immobilizer for the first 12 - 48 hours due to having nerve block. Once your quad strength has returned, you can stop wearing it. Only wear the knee immobilizer when walking. You can take it off when sitting down or when doing your exercises.
- * Take pain medications at least 30 minutes before exercising. Do exercises several times daily.
- * Frequent short walks with the walker is recommended. Avoid wet, rough, irregular surfaces. Continue using walker until surgeon specifically instructs to discontinue.
- * Don't forget to check with the therapist on how well you are progressing.
- * To reduce leg swelling: If you have swelling, elevate your leg above heart level, elevate your ankle and foot higher than heart level while lying down until swelling subsides.
- * Sexual activity can be resumed when comfortable.

Dressing/Incision Care:

- * Maintain dressing until your follow-up appointment with your Orthopedic Surgeon.
- * Staples/sutures will be removed approximately in 2 weeks by the surgeon or home care nurse.
- * No hot tubs, tub baths, or swimming pool until incision is completely healed.
- * Do not rub or apply creams, lotions, or powders on incision. Gently wash the incision with soap and water, and then pat it dry.
- * Maintain dressing until your follow-up appointment with your Orthopedic Surgeon.

General:

- * To avoid constipation - drink 6-8 ounces of water each day, increase fiber in your diet, and use stool softener as instructed. If no bowel movement within 2 days after discharge, take half of a bottle of citrate of magnesia (COM). If not result within 6 hours of taking half bottle of COM, take the other half.
- * In order to prevent stress ulcers, take aspirin on full stomach.
- * Make sure to follow-up with Surgeon and/or any diagnostic test(s) that are ordered.

Medications/Anticoagulants:

- * Take Aspirin enteric-coated 325 mg once daily for 4 weeks (Over-the-counter).

If provided with sequential compression devices, wear them as directed until your follow up appointment with your surgeon. Please wear sequential compression devices when sedentary for greater than one hour.

- * If you are prescribed Norco (hydrocodone/acetaminophen), take as prescribed on bottle as needed for pain. DON'T take any Tylenol while taking Norco. DON'T take on empty stomach, may cause nausea. Can cause constipation, stay hydrated, increase fiber, walk, and take stool softener as needed.

Notify the office immediately if you notice any of the following:

* Any signs or symptoms of infection including but not limited to worsening pain, redness, swelling, bleeding, discoloration, numbness, tingling. If you have questions/or need clarifications, please call Dr. Cervone's office at 586-412-1411 or 586-779-7970.