

Post-Operative Discharge Instructions

Total Knee Arthroplasty

Dr. Hinz

General Anesthesia or Sedation:

- * Do not consume alcohol, tranquilizers, sleeping medications, or any non prescription medications unknown to your surgeon or anesthesiologist.
- * 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.

YOU WILL BE GOING HOME ON THE SAME DAY AS SURGERY. To prepare you for your recovery at home, here are some instructions to follow.

Activity:

Please have your support person there to assist you when getting up for the first few days!!

- * Ambulate at least 1x/hour starting post op day one, while awake! Today you will need to rest, you have had a major surgery and you will be tired.
- * Ice and/or use polar care device when lying or sitting and elevate (at least 5-6 times a day for 30-40 minutes. This will help with swelling and pain).
- * **NO DRIVING UNTIL CLEARED BY YOUR SURGEON.**
- * **Wear the knee immobilizer for the first 12-48 hours. 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.**

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.

KNEE:

- * Do not shower until pain pump is removed (3 days).
- * Do not force knee into extreme positions.
- * Do not kneel.
- * Do not climb a lot of stairs.
- * Do not pivot or twist on surgical leg.
- * Do not perform activities that require sudden stopping or starting.

HIP:

- * Do not force hip into extreme positions.
- * Do not climb a lot of stairs.
- * Do not pivot or twist on surgical leg.
- * Do not perform activities that require sudden stopping or starting.

Please have your support person there to assist you when getting up for the first few days!

Using your walker appropriately:

- * Walker first, operative leg, then non-operative leg.
- * When using on stairs: go up with non-operative leg, go down with the operative leg.
- * Do your physical therapy as directed.

Diet:

- * Diet as tolerated, light foods to with. We suggest no greasy or fatty foods for the next few days as you have had anesthesia and it may make you sick.
- * Hydrate yourself. Hydration can help prevent constipation.

Medications:

- * Take medications as prescribed by your doctor.
- * DO NOT let your pain get ahead of you (this will impede your healing as you will not want to move). You will have some discomfort even with the pain medications, you still need to move!
- * Side effects for narcotics: dizziness, drowsiness, constipation, nausea/vomiting. DO NOT TAKE THESE ON AN EMPTY STOMACH.
- * Take a stool softener (i.e. senna, colace, miralax, or whatever works). You can buy them over the counter. They are not a laxative and do not make you have a bowel movement. They make having one easier. Narcotics cause constipation.
- * If you have been prescribed a blood thinner, take as directed. Blood thinners help to reduce the risk of blood clots. Don't take them on an empty stomach, they may cause nausea. You may bruise easier than normal while on this medication.

Incision Care:

- * There are many different dressing that our surgeons use: ace wrap, tegaderm, and gauze dressings. Remove Post-Op day 2.
- * Prineo dressing: DO NOT REMOVE! This will be right over your incision. It will be a dimply looking dressing. You can shower with this on.
- * Once the dressing is removed, wash incision area lightly with mild soap and water.
- * DO NOT use any lotions, creams, or ointments on you incision.
- * DO NOT soak incision in water (i.e. pool, hot tub, or bath).

Equipment:

- * Support stockings (Ted hose) knee high or thigh high

Knee: Wear for 2 weeks

- * Plasma flow/SCD's (calf pumps)

Use for 4 weeks, especially while resting or sleeping.

- * Incentive spirometer - Use for 3-5 days at home, 10 x an hour while awake. Cough and deep breath a few times after using the incentive spirometer. Using the incentive spirometer will help prevent pneumonia and get the anesthesia out of your lungs.

- * Knee/Pain catheter:

- * To be removed on post-operative day 3 (when it beeps continuously, it is empty. Use a warm wet washcloth over the dressing for a few minutes, then remove dressing and catheter should come out while removing).

- * Bolus button can be used 1 time/hour as needed (you can press it 100 times, it will only dispense 1 time/hour).

- * Pain (oral medications can be used in conjunction with the pump.

- * There is a 24-hour number to call with any questions regarding your pain pump attached to these instructions.

- * Send catheter pump back to company in provided envelop when done.

Education:

Infection:

- * Signs and symptoms: redness, swelling or heat around incision, drainage that does not smell or look right, when the incision wasn't draining before and not draining alot, body temperature of 101 degrees or higher.

- * Prevention: ALWAYS wash hands before touching incision area; clean incision every day with mild soap an water once dressing is removed; no lotions, creams, or ointments over incision.

Blood clot:

- * Signs and symptoms: pain in calf or thigh, reddened, painful and/or swollen.

- * Prevention: WALK, wear support stockings and SCD's, take blood thinner as prescribed

Pneumonia:

- * Signs and symptoms: difficulty in breathing, cough with sputum; elevated temperature.
- * Prevention: incentive spirometer (use as directed), coughing and deep breathing after incentive spirometer use, exercising, and walking.

Constipation:

- * Signs and symptoms: no bowel movement in 3-5 days.
- * Prevention: stool softeners, hydration, increase fiber in your diet, and WALKING.

Follow-up appointment:

- * Call and set up appointment if not already scheduled.

FOR ANY QUESTIONS OR CONCERNS AFTER DISCHARGE PLEASE CONTACT YOUR PHYSICIAN'S OFFICE!

Dr. J. Hinz, DO

Associated Orthopedists of Detroit

586-412-1411 (Shelby location)

586-779-7970 (St. Clair Shores location)