

Partial/Total Knee Replacement Discharge Instructions

Please call St. Clair Orthopaedics during normal business hours for questions about your recent surgery. During off hours, call the office to page the on-call doctor with emergent questions: 586-773-1300.

Diet:

- Resume pre-operative diet.
 - High protein diet helps healing
 - Iron supplements will help anemia, which is common after surgery
- Drink plenty of fluids.

Activity:

- Activity as tolerated. Be safe, do not fall.
- You should take frequent, short walks.
- Wear the knee immobilizer for the first 24-36 hours. Once your quad strength has returned, you can stop wearing it. Only wear the immobilizer when walking. You can take it off when sitting down or when doing your exercises.

Medications:

- Start taking: Aspirin 325 mg or Apixaban (Eliquis 2.5 mg) two times per day for 14 days. While on Eliquis, do not take any NSAIDS (Motrin, Aleve, Advil, Naproxen).
- If provided with sequential compression devices, wear them for the duration of time you are prescribed blood thinners. **Please wear sequential compression devices when sedentary for greater than one hour.**
- Take your pain medications only on an as needed basis.
- It is normal to have pain after your knee replacement. Pain medications will not fully relieve all pain. They are meant to decrease the amount of discomfort, but not take it all away.
- If you are still in pain, you can take and over the counter strength Acetaminophen (Tylenol) to help with your pain. Do not take more than 3,000 mg of acetaminophen in 24 hours. Your prescription pain medication may have acetaminophen in it, so make sure you take that into consideration when totaling up your acetaminophen intake.
- When you need a refill of your pain medication, call the refill line and leave a message.

General instructions:

- Remove Ace wrap the morning after your surgery. Leave clear dressing intact and in place until first post op visit in the office.

- Keep dressing clean, dry, and intact until your first post op visit in the office.
- Do not shower with the nerve block catheter. Once it is removed you can shower.
- It is okay to shower with the clear dressing in place after surgery.
- Do not submerge the dressing in water, no baths.
- Notify the office immediately if the dressing gets saturated or if you see bright red blood.
- When icing, do not apply ice directly on the skin. Place a thin sheet or pillow case between your skin and the ice.
- Put pillow under your heel when elevating. Do not put a pillow under your knee.

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

- Temperature over 101.0 degrees Fahrenheit by mouth.
- Incision opens up or bleeds.
- Severe pain, not controlled with the medications you were given.
- Inability to stand or put weight on your surgical leg.