



ANDREAS SAUERBREY, M.D.

Instruction following Total Knee Arthroplasty

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Follow-up Appointment:

- Call 970-879-6663 to schedule your appointment next week in Steamboat, Craig or Rock Springs, WY.
- We will inspect your incision and give you a physical therapy prescription, if indicated.
- Your staples won't be removed until two weeks post-operatively

Diet:

- Regular diet as tolerated unless otherwise specified

Medication Regimen:

- Use pain medicine as directed and as needed. You'll usually be given Percocet/Norco/Dilaudid for pain.
- Refer to your prescription bottle for directions.
- Percocet and Norco contains Tylenol as well as the narcotic medicine. DO NOT take additional Tylenol with the Percocet and Norco. You may take Tylenol with the Dilaudid.
- Do not drive while taking narcotic pain medication.
- Narcotic medication can be constipating so we recommend using Miralax or Milk of Magnesia as directed on the bottle.

Ice:

- Ice regularly applied to the knee can help with pain control and swelling
- You may apply ice over the dressing for 20-30 minutes at a time.
- Continue using the ice for the first 10-14 days

Activity

- You may weight bear as tolerated.
- Usually patients will need a walker initially for ambulation, followed by a cane and then eventually no assistive devices.
- Range of motion as tolerated unless otherwise specified.

Exercises:

- Please refer to the exercises provided to you in the Yampa Valley Medical Center binder.

Wound Care:

- Your dressing will initially be changed on post-op day #2 in the hospital or at home if you have been discharged.
- You will be sent home with a couple extra dressings.
- Keep your incision covered until staples have been removed.
- Do not put any ointment or salves on the wound such as Neosporin.

Prophylaxis Against Blood Clots:

- To prevent the development of a blood clot, you will be placed on a blood thinner for 2 weeks or longer if having both knees replaced or have a history of blood clots
- You will also be given TED hose stockings. You should wear these for 6 weeks.

You Can Expect The Following:

- Blood stained dressing
- Bruising around the incision
- Increased pain on the 2nd or 3rd day
- Throbbing pain after keeping the leg dependent

Call The Doctor If Any Of The Following Are Present:

- Increased swelling or numbness
- Unrelenting pain
- Fever or chills
- Continuous drainage or bleeding from wound
- Difficulty breathing
- Inability to urinate
- Excessive nausea or vomiting

If you have any questions or concerns, please do not hesitate to call us at 970-879-6663