



Bone & Joint Orthopedics Post-Surgery Discharge Instructions

Total Knee Replacement

1. It is **VERY IMPORTANT** to take your blood thinning medications daily to prevent blood clots.
2. Keep dressing clean and dry. If you have a waterproof dressing (Aquacel or Therabond), you may take a shower with your dressing and it may be left in place until your follow-up appointment.
 - It is common to have some drainage in the dressing as long as the borders of the dressing is intact/not leaking. If not leaking, please leave the dressing in place until your follow-up appointment.
 - If the dressing becomes grossly saturated but the borders remain intact (not peeling off and not leaking), please call the office during business hours - Monday to Friday between 7 am to 4 pm.
 - If the borders of your dressing is peeling off OR drainage is leaking from the dressing, remove the dressing and apply a standard dry gauze dressing. Call the office during business hours - Monday to Friday between 7 am to 4 pm
3. Call the physician's office at 812-242-3005 between 7 am and 4 pm if you observe the following:
 - Significant swelling that is worse than the day before and not relieved with ice and elevation.
 - Severe pain or redness, including calf pain that is unbearable and prevents you from moving, standing or bearing weight on your leg. Increased redness in the thigh, calf, ankle and foot of the operated leg
 - Progressively increasing drainage. Your dressing is continually becoming saturated every hour and leaking through the dressing or foul-smelling drainage from the dressing.
 - Fever (greater than 101.5F lasting longer than 4 hours)
 - Red streaks
4. Elevate affected extremity as much as possible for 2-3 weeks after surgery to decrease swelling. Ankle and knee need to be ABOVE your heart for effective elevation.
5. Use an ice pack directly on knee but not directly on skin. Use ice as much as possible for the first 48 hours. The more you use ice, the better your surgical limb will feel, and your pain will be easier to control
6. You should get up every 2 hours to take a few steps or take a short walk to help prevent blood clots. Perform ankle pumps throughout the day while sitting or lying down to help prevent blood clots
7. Take your pain medication as prescribed. If you have problems with your pain medication, call the office between the hours of 7 am to 4 pm. Pain medication will not be refilled or changed by the physician after hours. Our goal is to keep your pain at a tolerable level.

**** If the office is not available to answer questions, and you believe you must see a physician urgently, please go to UMG Convenient Care located at 221 S. 6th Street, Terre Haute IN 47807. No appointment is necessary. Convenient Care is open during the hours of:**

- Monday to Friday 8 am to 8 pm
- Saturday 9 am to 3 pm
- Sunday 1 pm to 5 pm
- If Convenient Care is closed and you believe you must see a physician urgently, please go to the nearest Emergency Room

**** If you get short of breath, chest pain, pain when breathing, or bleeding that does not stop, please call 911 or go to the nearest hospital Emergency Room.**