



**Total Knee Arthroplasty Post-Operative Instructions**

- Activity:** **Rest today.** Gradually return to more normal activities.
- While you are up, use your boot/crutches and/or immobilizer as instructed.
  - Limit use of operative extremity as instructed.
  - Exercise the toes/ankle (as permitted) to reduce stiffness and swelling.
  - Physical therapy in \_\_\_\_\_ days.
  - Weight bear as tolerated/PARTIAL weight bear/NO WEIGHT BEARING

**Diet:** Start with clear liquids, advance diet to regular as tolerated.

- Dressing:** **Do not remove dressing, unless otherwise instructed.**
- Keep clean and dry.
  - May remove dressing in \_\_\_\_ days, use bandaids as needed.
  - May shower with plastic bag for cover.

- Pain and Comfort:**
- Use pain medication as directed.
  - May use over-the-counter Ibuprofen as needed. Do not take with other anti-inflammatory medications or aspirin.
  - Ice area** 20 min/hr for next 2-3 days. Ice is important to prevent swelling and decrease pain. Cover ice bag with towel or pillowcase to keep dressing dry.
  - Use ice cuff** 5-7 days continuously as tolerated.
  - Elevate** the extremity to decrease pain and swelling for 72 hours.
  - Protect affected extremity from injury until normal sensation returns.

**Follow up:** Your next appointment is on \_\_\_\_\_ @ \_\_\_\_\_ with \_\_\_\_\_.

**Additional Instruction:** \_\_\_\_\_

**Call the office of Alaska Orthopedic Specialists at 907-771-3500 if you have:**

- **Excessive bleeding or drainage on dressing or cast.**
- **Toes that become blanched white or bluish, or new numbness\* or tingling.**
- **Dressing or cast that becomes wet.**
- **Questions or concerns.**

\*Dr. Gray routinely uses numbing medicine around the surgical site, which may cause numbness for 12-16 hours.

**\*\*If you develop leg pain, swelling or redness in your leg, shortness of breath or chest pain please call 9-1-1 as this could be an emergent condition.**

I have received a copy of the discharge instructions. I have had the opportunity to ask questions and all of my questions have been answered to my satisfaction.

Escort signature: \_\_\_\_\_ Relationship: \_\_\_\_\_

Nurse signature: \_\_\_\_\_ Date/Time: \_\_\_\_\_