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| PH: 630-372-1100 FAX: 630-372-6230 1600 Randall Rd, Ste 110 ELGIN, IL 60123 |  1110 W. Schick Rd BARTLETT, IL 60103 | www.suburbanortho.com Eberle Building 800 Biesterfield Rd, Ste 565 ELK GROVE, IL 60007 |
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Dr. Leung's Post-Total Knee Replacement Instructions

Your first follow-up appointment will be in 2 weeks for a wound check and to remove any sutures or staples you make have.

The appointment is scheduled for _____ at _____

If you do not have an appointment, please call (630) 372-1100 to schedule.

Wound care:

- ⇒ Keep the incision dry until your staples/sutures are removed at 2 weeks
- ⇒ You may shower before this, however cover your knee with a plastic bag and seal with a rubber band to ensure your knee does not get wet
- ⇒ You may remove the dressing after 1 week and leave the incision open to air as long as there is no drainage
- ⇒ Do not submerge the knee in water for the first 6 weeks. **No pools, baths, or hot tubs!**

Medications:

- ⇒ You may resume most of your medications when you return home unless otherwise instructed
- ⇒ Do not restart female hormones until 4 weeks after surgery
- ⇒ You can restart immune suppression drugs after your staples/sutures are removed and the wound is healed
- ⇒ **Below are common medications prescribed however this can vary. Call if you have questions.**
 - Acetaminophen (Tylenol) 1000 mg three times a day for pain
 - Anti-inflammatories (only take one of the following) for pain
 - Meloxicam 15 daily
 - Celebrex 200mg twice a day
 - Ibuprofen 800mg three times a day
 - Opioids (only take one of the following) for pain **as needed!**
 - Tramadol 50-100mg every 4 – 6 hours
 - Oxycodone 5-10mg every 4 – 6 hours
 - Gabapentin 300mg twice a day for pain for 2 weeks
 - Nexium 20mg daily to protect the stomach lining
 - Metaxalone 800mg every 8 hours **as needed** for muscle spasms
 - Colace 100mg twice a day to soften stools and prevent constipation
- ⇒ Anti-Coagulation
 - Follow directions from Dr. Leung regarding anti-coagulation to prevent blood clots.

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Swelling:

- ⇒ Swelling can last 6-12 months after surgery and it is normal to have stiffness in the morning and swelling in the evening.
- ⇒ Ice and elevation will help to reduce swelling
 - Elevate the leg above the level of heart when laying down
 - You may keep ice on the knee for 20-30 minutes for 4-5x a day but do not apply ice directly onto the skin.
- ⇒ Limit sitting with your leg hanging down to 30 minutes at a time for the first few weeks.
- ⇒ You may apply an ACE wrap starting at the toes and up to the thigh during the day and remove at night.

Sleep:

- ⇒ Sleep during the first 6 weeks can be difficult so use ice and pain medication as much as possible
- ⇒ Your endurance will be decreased after surgery and the easiest tasks will take longer than normal causing you fatigue easily. This will get better as healing progresses and your strength returns. Expect good days and bad days, decrease in appetite, anxiety, changes in your body's thermostat, and depression. Please know that these symptoms will subside with time.

Driving:

- ⇒ If your left knee was replaced, you may drive when you feel comfortable providing that you are no longer taking any opioid pain medications.
- ⇒ If your right knee was replaced, avoid driving for 4-6 weeks. Remember your reflexes may be decreased.

Things to REPORT

- ⇒ Redness around the incision
- ⇒ Drainage or bleeding around the incision
- ⇒ Temperature over 101 degrees
- ⇒ Calf pain or swelling
- ⇒ Chest pain, shortness of breath, or bloody vomit
- ⇒ Please contact our office with any concerns

Additional information

- ⇒ Bruising around the thigh and knee is not uncommon and is the result of the tourniquet used during surgery. This may extend down the leg and to the calf and foot.
- ⇒ Please inform your dentist you had a joint replacement surgery. You will need **antibiotics** prior to **any** dental procedures.

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Dr. Leung's Post-Total Knee Replacement Instructions

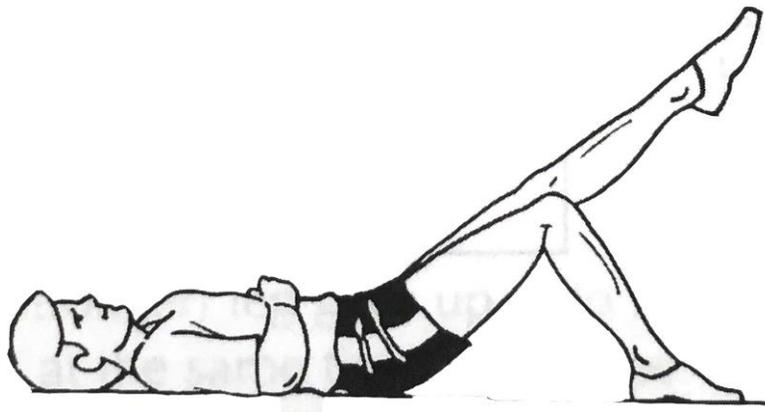
Exercise:

- ⇒ In addition to physical therapy, you must exercise **daily**. You can exercise in a pool once the staples/sutures are removed and the incision is well healed.
- ⇒ You should stay active but remember not to overdo it; listen to your body!
- ⇒ Your physical therapist will start you with a walker and progress you to a cane. They will recommend when you can ambulate without any assistive device.

The following are home exercises to perform daily. Your physical therapist will teach you additional exercises:

Straight Leg Raises:

With one knee bent and foot flat on bed, raise the operative leg to the height of the bent knee. Slowly lower the leg, keeping the knee straight throughout.



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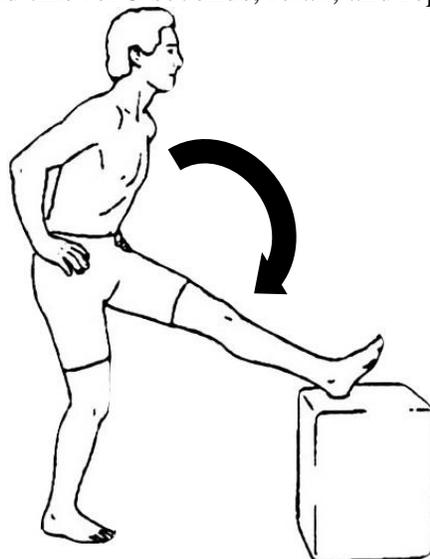
Knee Flexion:

Place the operative leg on a stool/stair so you are standing on the healthy leg. Gently lean into the affected knee causing increased bending. Hold this for 5 seconds, relax, and repeat (Do NOT bounce)



Knee Extension/Hamstring Stretches:

Place your heel on a stool/stair and straighten your leg. Bring your chest over your knee while keeping your knee straight. Hold this for 5 seconds, relax, and repeat

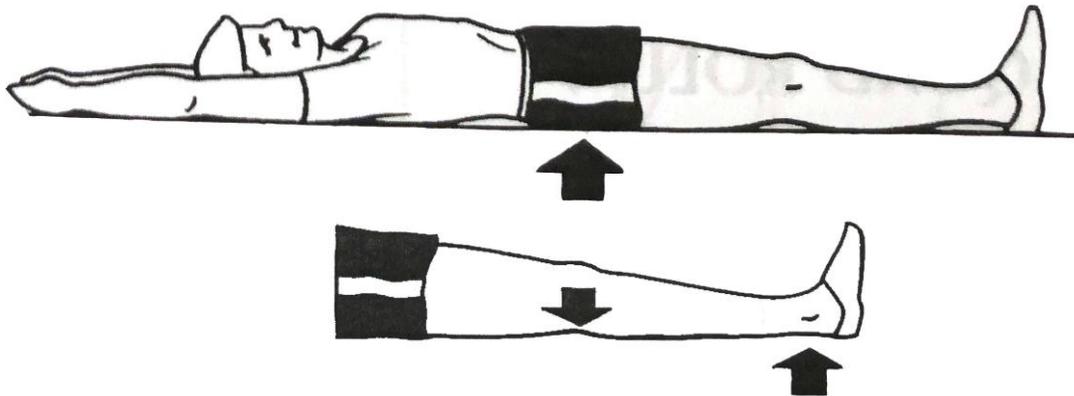


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Quad and Gluteal sets:

Tighten your knees and squeeze buttocks together. Push your knee down into the bed for 5 seconds and then relax.



Marching in place:

Stand in front of a mirror and march in place. This will help with knee flexion and restore your normal gait pattern. Don't be afraid to turn on some music!



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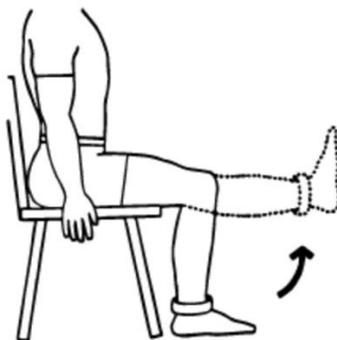
Ankle Pumps:

Slowly bend both ankles back and forth so that toes go up towards your nose and down towards the floor.



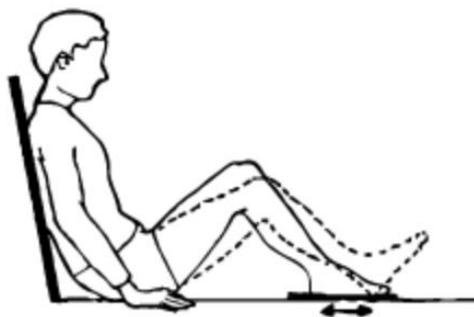
Quad Extensions:

While sitting in a chair, straighten the operative leg and then return your foot slowly to the floor.



Heel Slides:

Bend the operative knee and slide your heel towards the buttocks as far as you can, then slowly straighten the knee back out.



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Chair Knee Flexion:

While keeping the foot on the floor, bend your knee and slide the foot of the operated leg back under the chair. Hold for 30 seconds and then relax.



Reminder!

⇒ Daily exercise is important to maintain good knee range of motion!