



**SOUTHERN
BONE & JOINT
SPECIALISTS, P.A.**

OUTPATIENT TOTAL KNEE REPLACEMENT PRE-OP EDUCATION

Thank you for choosing Southern Bone and Joint for your knee replacement. You have taken an important step to enhance your quality of life. We hope the following information will help you know what to expect after your procedure.

Your surgery is scheduled at Southern Surgery Center, Southern Bone and Joint's surgery center. You will go home that day.

Our physicians require you to have a close friend or family member to be your "coach" for this surgery. Your coach needs to be with you 24 hours a day for the first 4 days after surgery and drive you to your therapy appointments for the first few weeks.

Your first physical therapy appointment will be within a week after surgery. If you have staples, they will be removed approximately 14 days after surgery by your therapist or one of our nurses. If your incision is glued, the glue will wear off on its own.

The anesthesia staff will talk to you the morning of surgery about anesthesia. Upon discharge, you will be given several prescription medications. It is very important for you to take them exactly as prescribed to keep your pain under control after surgery.

PRE-OP CONDITIONS

- Wash with hibiclens soap the night before surgery, and again the morning of surgery. Wash from the neck down, avoiding the genital area. Please lather up and allow soap to stay on 1 minute, then rinse off.
- Day of surgery, **no lotions, oils, powders, perfumes on skin.** Please remove nail/toenail polish and leave jewelry/valuables at home.

POST-OP CONDITIONS

- **Activity:** You will be up walking the day of surgery. You may put as much weight on the operative leg as tolerated. You are expected to return to your normal way of life except for the following:
 - ✓ No driving until cleared by your surgeon (you cannot drive while taking pain medications)
 - ✓ You may not return to work until cleared by your surgeon (usually 6 weeks)
 - ✓ No strenuous activity (including golf)
 - ✓ Walker-You must use your walker at all times. Physical Therapy will help you decide when you may stop using your walker.
- **Dressing/wound:** A dry gauze dressing will be placed over your incision. It may be removed 2 days after surgery and you may shower the incision. If you have a waterproof dressing, it will stay on for 7 days and you may shower over the dressing after 2 days. A small amount of drainage is normal. If the dressing becomes saturated, call the total joint nurse at 601-554-7942.
- **Showering:** Shower as usual at home. Please have necessary equipment such as shower chair, bench, non-slip mats, grab bars/handles. No submerging the wound for 6 weeks-no tub baths, hot tubs, pools, etc.
- **Pillow:** Keeping your leg elevated will help with post-op pain and swelling. Place pillows under your foot only, not under your knee. This will keep your knee straight while at rest. If you are sitting in a recliner, place two pillows under your foot to straighten the leg.
- **Cold therapy units/ice packs:** These are very important to help with pain and swelling. Use for 30 minutes on, 30 minutes off. Icing the back of the knee is also helpful. Be sure to protect your skin with a layer between your skin and the ice.

BLOOD CLOT PREVENTION: Early motion and movement are very important to prevent blood clots after surgery. Walk for 5 minutes of every hour while awake. Also, tightening and relaxing your calf muscles and pumping your ankles up and down while sitting will help prevent blood clots. Blood clots can settle in the back of the leg, behind the knee, calf area or the lungs. Report to the educator any signs of blood clots such as warmth, pain or redness to either calf area. Any chest pain or shortness of breath needs to be evaluated in the emergency room.

- ✓ **Support Stockings:** You will be given thigh high TED hose and will wear them for the first 2 weeks after surgery, day and night. The stockings may be removed for bathing and are machine washable.
- ✓ **Incentive Spirometer (breathing):** A device will be sent home with you to remind you to take deep breaths. Use this every hour while awake for the first week.
- ✓ **Medications:** Blood thinning medications will be prescribed to help prevent blood clots as well. Take them as directed, for as long as directed.
- **Signs of infection:** Please notify the Total Joint Nurse with any of the following-
 - ✓ Persistent fever over 101 for greater than 24 hours. Low grade fever is NORMAL during the first week
 - ✓ Drainage that has become yellow/green or has a foul odor
 - ✓ Significant increase in redness. Redness and warmth are normal, a moderate amount of bruising and swelling is also normal
- **Anti-inflammatory medications:** Do not take Advil, Motrin, or Aleve while taking Mobic, Celebrex, or Diclofenac
- **Constipation:** Pain medication often causes constipation. If you are prone to constipation, we recommend starting an over the counter stool softener 1–2 days BEFORE surgery such as Colace, miralax, senokot, etc. For severe constipation you may take Milk of Magnesia or Magnesium Citrate. All of these medications are available over the counter with no prescription needed. Enemas are also available over the counter.
- **Pain medications:** The office will refill your pain medications for 2–4 weeks post-op. Pain medications need to be requested by Thursday. Pain medications will not be filled on weekends or after hours, no exceptions.

HOME READINESS

Frequent hand hygiene is the #1 way to prevent infection. Always wash your hands for 15 seconds and use a clean/dry towel to dry them. Hand sanitizer is appropriate for hand hygiene as well.

Remove all throw rugs, furniture, electrical cords from walkways—ensure the areas most traveled in your home are clear from clutter to avoid falls. Falling can be a major setback, please slow down and be careful.

Wear a good fitting walking shoe—avoid house slippers or flip flops.

Be aware of pets tripping you, avoid pets in lap until your incision is healed.

I/we certify that this form has been fully explained to me, and I/we understand its contents. A copy of this form has been provided to me and my questions have been answered. I know who to contact with any questions or concerns.

Date: _____

Patient/Coach: _____

Educator: _____



*Thank you for choosing Southern Bone
and Joint for your replacement.*

**Any questions or concerns call
Katie Wiehahn, RN, Total Joint Nurse at 601-554-7942**