



## **Total Knee Arthroplasty Post-operative Orders**

Dr. Abigail Hamilton, MD

You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room

### **Diet:**

- Start with something light like soup and crackers. If you do not feel nauseated, you may eat your usual diet.

### **Wound Care:**

- You can take off the ace bandage and cast padding that is over your waterproof dressing two days after surgery.
- You have a bandage that is waterproof, do not take this off until you see Dr. Hamilton after surgery.
- If the bandage comes off your skin, please call our office right away, 520-784-6211.
- Do not scrub the area; just allow water/soap to wash over you.
- Do not bathe/swim or soak incisions in any way until 4 weeks post-operatively or until incisions are completely healed.

### **Ice:**

- We recommend that you use icing on a consistent basis for the first 48-72 hours. This will help reduce post-operative swelling. After that, use as necessary.

- If an ice-wrap was not placed in the operating room or if you find this uncomfortable, apply ice packs for 20-30 minutes and then remove for a break period of at least 30 minutes to prevent frostbite to skin. If you place directly over bandage and it does not contact your skin directly, you may leave in place for a longer duration.

### **Weight Bearing Status:**

- You should bear as much weight as possible with your operative leg. You should utilize a walker until cleared by your physical therapist or Dr. Hamilton.

### **Physical Therapy:**

- Formal physical therapy will be ordered post-operatively upon discharge from surgery. If you change your plan to do therapy elsewhere through your recovery, please make sure you coordinate with Dr. Hamilton's team to have orders faxed to your preferred location. They can be reached at 520-784-6211. Following a total knee arthroplasty, you should start formal physical therapy within 2-7 days.

### **Medications:**

- Resume all your home medicines.
- You will be prescribed a short acting narcotic for home (oxycodone, dilaudid, percocet or norco). Please take this as needed.
- If you are prescribed oxycodone or dilaudid, it is OK to take Tylenol with this medication and doing so will help with pain.
- If you are prescribed Percocet or Norco, these medications already contain Tylenol, and you should not take Tylenol while you are taking these medications.
- You should take an Aspirin 325 MG, two times daily for blood clot prevention.
- If you have any questions regarding your medications, please call Dr. Hamilton's team at 520-784-6211.
- If you need a refill, please call when you 10-15 pills left.
- Taking an anti-inflammatory medication (NSAID) is recommended as long as you have no medical contraindication to do so. These include ibuprofen, motril, advil, naproxen, aleve. Please take as directed if prescribed or follow dosing instructions on the bottle if you are taking an over-the-counter medication.
- Zofran (ondansetron)- take 1 tablet every 6 hours as needed. This is a medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- These pain medications may be taken in any combination according to how much pain you are having.

- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking these medications (Colace, sennakot).

**Follow-up Appointment:**

- Please make sure that you have a post-operative appointment set up for 10-14 days and in 6-8 weeks after your surgery with Dr. Hamilton. Please call 520-784-6211 if you do not have these appointments or need to change a date/time of the appointment.

**Please call the office between 8:00 am – 5:00 pm at 520-784-6211, or the After Hours Clinic at 520-784-6441, if you experience any of the following:**

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

\*\*\* Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot. \*\*\*

**Tucson Orthopaedic Institute**

**East Office**

5301 East Grant Road

Tucson, AZ