



2 Week Post-Op Total Knee Arthroplasty

What To Do:

- Wound care instructions:
 - Safe to shower- let soap & water run over steri-strips & pat dry
 - Steri-strips will fall off in 1-2 weeks, No need to re-dress incision after that
- Continue taking blood thinner (Aspirin/Eliquis) twice/day for 2 more weeks
- Make an appointment to see your physical therapist & transition from Home Health to Outpatient Physical Therapy
 - Work through range of motion & increase your activities as tolerated
 - Your range of motion goal should be near 0-135 degrees by your 6 week appointment
 - *Remember- a stiff knee will be a painful knee!*
- Pain Management:
 - Continue icing, elevating & utilizing your TED hose stocking to help with swelling & inflammation control:
 - TED hose/compression stockings:
 - Surgical leg: keep wearing for another 4 weeks
 - Non-surgical leg: okay to remove today!
- Start to wean down on narcotic pain medication:
 - Your goal is to be off narcotics/opiates by your 6 week follow up appointment
 - **No refills will be given after 3 months post-operation &**
 - **No refills will be given Friday-Sunday, so please plan accordingly!**
- Make appointment to follow up in 1 month for a range of motion check & x-rays

What To NOT Do:

- Avoid immersing or soaking incision until fully healed & it's a scar (no scabbing, open wound, etc)
- Avoid applying any creams, ointments, lotions to open/healing incision
 - Keep an eye out for drainage, colored discharge, increased redness & call our clinic if any of these occur at 435-655-6600 or email us a picture at lind.knees@gmail.com if there are any concerns.
- Avoid any dental work or other medical procedures until you are 6 weeks post-op!
 - At your 6 week appointment, we will give you a prescription for an antibiotic to take before dental work:



- We prescribe Amoxicillin (or Clindamycin if allergic to Penicillin) & you will take 1hr prior to any dental work for 2 years after surgery
- Avoid high-impact activities (IE: running, jumping, skiing)
 - Partake in low-impact activities walking, biking, swimming, elliptical, low-resistance/high-reps of weightlifting

Common Side Effects Following Surgery:

- Pain at night and with physical therapy is **normal**, and should start to diminish between 6-8 weeks post-op
- Mechanical sensations such as clicking and popping are **normal** and will start to become less frequent as strength increases and time goes on
- Warmth is **normal** & can last up to 1 year post-op
- Mild redness is **normal** – call us if it changes
- Loss of sensation around incision is **normal**
- Cramping and muscle spasms are **normal** and part of the healing process and below are tips that may help:
 - Apply ice: 20-30 minutes every 2-3 hours, place layer between ice & skin
 - Apply a topical analgesic to cramping muscle: Biofreeze, Icy Hot, Atomic Balm, etc
 - Stretch the affected cramping muscle (stretch cramp until you can actively walk and continue to move!)
 - Liquids (try to limit the sugar & caffeine): Water, Gatorade, Nuun tablets, Liquid IV, Body Armor, Tonic Water (contains quinine)
 - Foods (increase vitamin B intake): Bananas, Avocados, Beans/Legumes, Watermelon, Sweet potato, Dark leafy greens, Nuts
- Increased warmth, redness, with drainage from incision and flu-like symptoms such as fever, nausea, chills is **NOT NORMAL** and you should contact our office immediately!
- Severe calf pain and tightness especially when squeezed or extending toes towards nose; chest pain, shortness of breath, fainting, sudden rapid heartbeat, coughing up blood is **NOT NORMAL** and are signs of a blood clot and you should CALL us or present to the ER immediately!