

Central Texas

Sports Medicine & Orthopaedics, P.A.

Total Knee Replacement or Unilateral Knee Replacement Home Instructions

Activities:

- Walker—Use your walker—always walk inside of the walker.
- You may bear weight on your operative leg as tolerated
- You may advance to a cane in a few weeks
- You may drive when you are comfortable getting in and out of a car

CPM Machine:

- Use the CPM at least 6-8 hours per day. This does not have to be done all at once
- Increase the amount of flexion 10 degrees daily. Try to achieve 90-100 degrees of flexion in two weeks
- You will discontinue use of the CPM in two weeks.

Cold Therapy—Motorized Cooling Unit:

- The cooling unit will help reduce the pain and swelling
- Use the cooling unit 3 times per day for 45 minutes. You may use it more often

Wound Care:

- You will leave the hospital with an ace wrap dressing on your knee. If swelling or discoloration of the foot and ankle occur, the bandage may be too tight. Remove the ace wrap and re-wrap lightly.
- You may shower by covering the ace wrap with saran wrap. After showering, if the ace wrap is wet, remove and apply clean gauze and ace wrap.
- Keep wound clean and dry. Avoid touching incision area. Keep ace wrap on knee when out of house or around animals
- The staples will be removed on your two week office visit

Pain Medication:

- **Lortab (hydrocodone)** You may take one tablet every 6 hours **as needed** for pain.
- **Toradol (Ketorolac)** (anti-inflammatory medication)—**start the day after surgery and take one with breakfast, lunch, and dinner for 5 days.** While taking the Toradol, DO NOT take Advil or Aleve.
- After the 5 days of Toradol (Ketorolac) take Advil (Ibuprofen) as needed for inflammation and pain.
- **Phenergan tablets** (Nausea medication)—if you have a problem with nausea and vomiting, please take one tablet every 6 hours **AS NEEDED**
- We recommend taking these medications with food.

Warning Signs:

- Call the office if you experience any of the following:
 - Persistent or increased pain
 - Significant swelling in your knee
 - Increasing pain in your calf muscle
 - Fever greater than 101 degrees

Follow-up Appointment

- Call the office if you have not scheduled your **one week** follow-up appointment
- If you have any questions or concerns, call **(979) 776-0169**