

# POST OPERATIVE INSTRUCTIONS: Total Knee Replacement



T O W N S V I L L E

**ORTHOPAEDIC**

Dr. James Price

**CLINIC**

## WOUND CARE

1. Your dressing will be changed just prior to discharge from hospital. This dressing will be water proof and should be left intact until you return for your post operative visit at Dr Price's surgery. If the dressing gets soiled with some wound ooze it can be changed to another of the same type.
2. If your wound has excessive amounts of discharge, becomes red or painful or the stitches burst then you should ring Dr Price's surgery on the contact details provided.
3. It is normal to have swelling in the leg that has been operated on. It is normal for the knee to be painful and hot. If the knee becomes increasingly painful and increasingly warm that is the time to get in contact with Dr Price. You will also have bruising which on some occasions can be quite extensive in the leg and this is also normal. Occasionally blisters can form and these will go away with time.

## BLOOD CLOTS (DVT) PREVENTION

1. You will be sent home with some TED stockings that must be worn for six weeks after the operation. They can be taken off for a shower and can be taken off for an hour every day to give your legs a break. They must be worn at night. Make sure you wear shoes or slippers with these stockings or else you may slip over on a hard floor.
2. You will be sent home with some blood thinning (anticoagulant) medication. This may be either Aspirin or a medication called Xarelto which is a small pink tablet (or sometimes Clexane or Warfarin). These should be taken until all of the medication that has been supplied to you has been used up.
3. Make sure that you do walk around and do activity and follow the instructions contained in the 'Stop the Clot Brochure'.

## PAIN RELIEF

1. Oxycontin is a long lasting slow relief medication that you will be given and is taken twice a day. This gives you a good background of a pain killer which is present for twenty-four hours a day.
2. Endone is another strong pain killer which can be taken if there is break through pain during the day or in the evening. It is only taken if acquired.
3. Panadol is a good a medication to take regularly along with the Oxycontin to help with your pain relief.
4. The simple methods such as elevation, ice packs and rest are a good way to help reduce pain as well.
5. As time goes by you will need less and less pain medication and certainly you can stop these medications as you feel you are able. They do have side effects such as constipation and drowsiness so the sooner you can stop them the better as long as the pain isn't bad.

## **ACTIVITIES**

1. There is no reason why you cannot fully weight bear on your leg apart from pain. You may increase your weight bearing as pain allows until you can fully weight bear. You will normally be sent home with a walking stick and you can wean yourself off this as you feel able and confident.
2. You may not drive a car or other vehicle for six weeks from the date of the operation.
3. Physiotherapy is not normally required after surgery as long as you diligently perform the exercises that you have been taught in hospital. If I believe that you would benefit from outpatient physiotherapy this can be organised.
4. You may sleep on your back or if this is uncomfortable on your side usually with a pillow between you legs. You will not dislocate your knee replacement by doing this.

## **CONTACT DETAILS**

- a. Normal working hours call Dr. Price's rooms on 4728 8500.
- b. After hours call the Mater Hospital switchboard on 4727 4444 or the Orthopaedic ward at the Mater on 4727 4443.
- c. Call your G.P. if the above fails.

## **POST-OP APPOINTMENT**

Your post-operative appointment will be on a Tuesday morning approximately ten (10) to fourteen (14) days after your operation.

**Call my Secretary on (07) 4728 8500 to confirm your appointment time prior to this day.**