

BRAUNLICH ORTHOPEDICS

Post-Operative Instructions: Total Knee Replacement

This document provides information regarding incision care, pain management, and activity following a TOTAL KNEE REPLACEMENT surgery. The instructions in this document have been dictated and reviewed by Dr. Braunlich. If there are symptoms beyond what is listed, please call the office or visit the closest E.R.

Following Surgery:

- Incision care
 - Patient may change dressing the day after surgery
 - Proper care for surgical incision:
 - Clean incisions with rubbing alcohol everyday
 - Cover incisions with bandages
 - Cover incisions while showering
 - Keep incisions dry and clean

- Pain Management:
 - Use prescribed pain medication only as needed
 - Minimize use as pain subsides
 - Pain medication may be supplemented with over-the-counter ibuprofen if cleared by the patient's primary care provider to do so

- Surgical Site

- Any redness, swelling, warmth or bruising is from the surgery and is to be expected
- Certain amount of pain and discomfort is from the surgery and is to be expected

- Weight-bearing and Range of motion (ROM)
 - Patient may be full weight-bearing unless otherwise indicated by the doctor at discharge
 - Patient should work with therapist aggressively to work on ROM with the knee
 - Patient may begin quad sets (see video)
 - Straightening knee and flexing the quad muscle
 - Patient may bend the knee to prevent stiffness

- Driving
 - Patient is not to drive while taking narcotic pain medications
 - Patient should not drive following a right lower extremity surgery until they have regained normal function