



INSTRUCTIONS AFTER TOTAL OR PARTIAL KNEE REPLACEMENT By Vic Goradia, MD

Activity:

- You should be as active as you can tolerate within the guidelines you have been given by physical therapy. Perform the exercises they gave you several times daily. Use your walker or crutches as needed. You should rest for one hour twice a day with your feet elevated.
- Home Physical Therapy will come to your house 3x/week until you return to see Dr. Goradia

Diet: You may resume your regular home diet.

Medications:

Pain: You have been given a prescription for pain control. Take this medication as directed. Do not take more than prescribed. If your pain is not controlled by the medication you were given, please call Dr. Goradia's office.

Anticoagulation:

- a. You have been given a prescription for Xarelto tablets 10 mg. Take 1 tablet per day at 5 pm for 14 days. Do not take Aspirin, Ibuprofen or other anti-inflammatory medications while on Xarelto unless advised by Dr. Goradia.
- b. Take Aspirin 325mg twice daily for 14 days. Do not take Ibuprofen, naproxen or other anti-inflammatory medications while on Aspirin unless advised by Dr. Goradia.

Stool Softeners: It is important to have regular bowel movements. Pain medications can cause constipation. Stool softeners, warm prune juice, increasing your water intake, and increasing fiber can help in preventing constipation. Do not take laxatives if at all possible except in severe situations. It can result in a vicious cycle between constipation and diarrhea.

ICE:

- Apply ICE to the knee several times daily to help reduce swelling.

BANDAGES:

- a. Leave dressing on until follow-up appointment. It is ok to shower over this as it seals the incision.
- b. _____

COMMON SIDE EFFECTS AFTER SURGERY:

- Drowsiness, lightheadedness, and nausea may result from the pain medication.
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- PAIN – You need to be as comfortable as possible, but also understand that no amount of pain medication, ice, or rest will completely remove the pain after surgery.
- Constipation can be caused by pain medication. Increase your fluid intake, drink fruit juices and take an over the counter stool softener if necessary for constipation. If it persists contact your primary care doctor.
- Swelling and stiffness about the shoulder are expected for the first several weeks following your surgery. Continuing to ice, use anti-inflammatories, and doing the exercises provided will help this.
- Mild itching can occur as a result of pain medications. You may try some Benadryl.

SIDE EFFECTS THAT SHOULD NOT BE IGNORED:

- Difficulty breathing, a severe rash, extreme drowsiness, and nausea that is uncontrolled with Phenergan. If your side effect is life threatening, call 911, if it is not life threatening, contact our office or go to the emergency room for further instruction.

YOUR FOLLOW-UP APPOINTMENT:

- An appointment card will be given to you at time of discharge from hospital. If you do not receive one, call the office for an appointment. If you need to confirm or change the appointment time, please contact the office at (804)678-9000. Please wear loose comfortable clothing to your follow-up appointment. You do not need to bring your ice.

YOU SHOULD CALL THE OFFICE AT (804) 678-9000 IF:

- You notice that your bandages are completely saturated with blood. Some blood on the bandages is okay, however, persistent bleeding is not normal.
- You have a temperature above 101 degrees. Many patients will have an elevated temperature for the first few days after surgery. However, a temperature above 101 degrees is not normal, especially if associated with chills or severe pain.
- You have pain that is not “controlled” with pain medication and ice. The pain medication and ice should help “control” your pain, however, it WILL NOT take away all of the pain.
- Your fingers are cold, numb, or purple. Your hand may swell or feel cool because your arm is immobilized in a sling. It should become warmer as you move around more.
- You have any other concerns or questions.

DO NOT operate heavy machinery, drive an automobile or make important decisions while under the influence of anesthesia for at least 24 to 48 hours after surgery or while taking pain medications. You may resume driving when you feel you can do so safely.

COMMENTS: _____

Doctor Signature: _____

Date: _____

Patient Signature: _____

Date: _____

