



Post Operative Instructions

Total Knee Replacement

Ice and elevate frequently for pain and swelling, before and after activity

Exercise your ankle frequently when resting

Change dressing daily and as needed, you may leave it open to air when dry

You may clean the incision daily and as needed with Hydrogen Peroxide

Exercise your knee as instructed prior to leaving the hospital

Work at bending and straightening your knee as much as you can

Take your pain medication as prescribed

Resume your regular home medications unless otherwise instructed

Resume your regular diet

Use a walker or crutches for ambulation

You may ambulate with 50% weight on the operated side/ weight bearing as tolerated

Call for an appointment for staple removal in 10-14 days after the day of surgery, if not already done

Home health care arrangements will have been made on your behalf prior to leaving the hospital or rehab facility. If you are not contacted in 1-2 days, please contact the office so we can expedite your arrangements for home care and therapy

You should have received Lovenox injections for a period of 10 days after the hospital

Any problems call the office at (480) 969-3531 or go to the nearest emergency room