

Moore Orthopedic Clinic Outpatient Surgery Center
Post-Operative Instructions for Total Knee Arthroplasty

Dr. Frank K Noojin, III

803-296-9320 or 803-296-9200 (afterhours)

Use ice machine 3 times daily x30 minutes or as much as desired.
Do exercise routine twice daily. Ice and elevate after exercise routine.
Remove dressing in 7-10 days after surgery. Leave adherent skin pad in place.
Elevate leg as much as possible except for eating and exercising.
Call office if any problems prior to return.
Use **Metamucil** or **MiraLAX** daily to prevent constipation
Drink plenty of fluids.
Use the incentive spirometer several times a day for the next 3-5 days while awake (approximately 10 times an hour).
Eat a healthy **high protein, high fiber diet** to improve healing after surgery.
Take a multivitamin and Zinc to help with healing for 1 month.

Incision: Remove dressing after 1 week from surgery and shower. Do not take a tub bath or swim until incisions are healed. It is not necessary to use ointments or creams on incision sites. If you notice redness, swelling, or increasing drainage around the incision site or dressing, please call our office immediately.
If your temperature is above 101.5° call our office.

Diet: You may resume your normal diet. Limit caffeine intake. Sometimes nausea or vomiting can be due to the pain medications, so take these medications with food. Constipation is common when taking narcotic pain medications. You will need to get over-the-counter stool softeners from your pharmacy. If your constipation is severe you may need to get over-the-counter MiraLax or Magnesium citrate from your pharmacy. Drink plenty of water, and eat high fiber foods regularly.

Activity: You can be out of bed walking with a walker. Increase activity gradually. You need to elevate the knee above your heart at least 3 times a day and after therapy. Apply ice to the knee when elevated to help control pain and swelling. Home or Outpatient therapy will be set up for you, and you should have therapy at least 2-3 times a week. You should be doing exercises on your own every day.

DO NOT SMOKE OR USE TOBACCO PRODUCTS – This will increase your risk of infection, poor wound healing, and other complications.

Medications: You should resume your home medications unless otherwise directed. Prescription medications for pain will be given to you. Follow directions for taking medications. Do not drink alcohol of any type with medications. Call the office if you need a refill of your medications. Call 48 hours prior to running out to allow staff time to get this refill request completed. Refills can only be given during business hours 8:00am – 4:30pm, Monday – Friday. Please do not call after hours for medications as they cannot be submitted after hours by on-call staff.

Patient Representative _____ Date _____

Nurse Signature _____ Date _____

