



POST OPERATIVE INSTRUCTIONS TOTAL KNEE REPLACEMENT

1. You will be given 6 (or 7) medications to take, use as directed on the bottle:
Celebrex 200 mg or Meloxicam 15 mg (Anti-inflammatory)
Gabapentin 300 mg (Nerve pain)
Percocet 5/325 mg (Severe pain)
Vistaril 25 mg (Nausea/vomiting, itching, insomnia)
Colace 100 mg (Constipation)
Aspirin 81 mg or Eliquis 2.5 mg (Blood clot prevention)
*Cefadroxil 500 mg (antibiotic, to be taken as needed)
2. Take pain medication as directed, **DO NOT WAIT** until the pain is unbearable. After 24-48 hours, if you find the pain medication is too strong, you may switch to Tylenol 325 mg (no more than 8 tablets per 24 hours), Ibuprofen (Motrin, Advil), or Naproxen (Aleve).
3. Take Aspirin 81 mg 2 times/day (or Eliquis 2.5 mg 2 times/day) by mouth for 4 weeks for blood clot prevention.
4. Apply ice pack to the knee, front and back. Use ice 3-4 times a day for at least 20 minutes. You may apply the ice directly over the ace bandage.
5. **REST** is essential. Get into bed or onto sofa and get the foot elevated above the heart. The body needs rest after the stress of surgery and caution is needed. Be careful of getting up too quickly as postural hypotension (feeling like you might pass out) can be common. Let friends and family help with even simple chores.
6. Use a walker, weight bearing as tolerated on the affected leg. Please do not be unsafe while ambulating, ask for assistance if needed.
7. Swelling around the knee and down the leg to the foot and ankle region is to be expected for the first few weeks following surgery. If the dressing feels too tight, you may loosen the elastic bandage, elevate the leg, and apply ice to help minimize the swelling and discomfort. **DO NOT** remove any of the dressings.
8. **KEEP THE KNEE DRY** at all times. Showering can be a challenge. A simple lawn chair in the shower often makes life easier. Special cast bags can be found at some pharmacies. If you use a tall kitchen trash bag, secure at the thigh and then use a second bag a bit further up to keep the limb dry.
9. Bend the knee and hip to tolerance. Continue to move ankle/toes up and down (foot pumps) every hour.
10. Call the doctor's office on the day following surgery to arrange for a follow-up appointment. Office phone number is **732-283-2663**. You should be seen in the office **within 7 days** following your procedure.
11. **Call Dr. Beiro's office/answering service immediately if you experience any persistent pain, swelling, numbness at the foot or toes, excessive bleeding or drainage, tenderness in the calf area and/or shortness of breath. If for any reason you do not speak to a physician, please go to the nearest Emergency Department**