



Rick Davis, MD

Orthopedic Surgeon

Hip & Knee Replacement

PARTIAL or TOTAL KNEE ARTHROPLASTY

Post-Op Instructions

1. Control Swelling

-Ice the front of the knee with Iceman unit and back of knee with gel pack or bag of ice as much as possible, while awake, during the first 2-3 weeks post-op. Ice as needed after this time. You may also try heat on thigh muscles (but not knee) after two weeks to help loosen tissue. Make sure to protect the skin while performing these activities.

-**Elevate** legs above heart at least 30 minutes, 4-6 times per day for the first 3 weeks and at night if possible. Do **NOT** place a pillow under your knee. You may place a pillow under your heel or calf.

-**Limit walking and standing** to 5-15 minutes per hour for the first 2 weeks. After 2 weeks, progress walking/standing to maximum of 20 minutes per waking hour.

2. Knee Immobilizer - wear it 6 hours per day while resting (preferably at night) for 4-6 weeks or until full extension is achieved at two subsequent therapy sessions. You may ice within the brace with the Iceman wrap. The immobilizer helps get your knee straight.

3. Weight Bearing – OK to put full weight on your operative leg.

-**Ambulate with a walker for the first 2 weeks. Even though you may feel stable, we want to ensure you do not fall!** Please notify our office if you do happen to fall on the operative leg.

4. TED Hose (Compression stockings) - wear on both legs for 4 weeks during the day. Remove at bedtime.

5. Waterproof bandage on surgical incision

- Keep surgical bandage on for 1 week after surgery. It is ok to shower with bandage on, just pat dry after finishing shower. Remove bandage 7 days after surgery, wash over incision with antimicrobial soap and water, pat dry. Replace with new waterproof bandage and keep incisions covered for an additional week after surgery
- **DO NOT** pick at incision or try to remove surgical glue. It will wear off on its own in about 2 weeks.

If you are going home the same day of surgery, follow these instructions also: The day after surgery, remove ace wrap and cotton padding from surgical leg. Leave the inner bandage in place, which is waterproof.

6. Other Limitations that your physical therapist will review with you:

- No resistance on cardio machines for 6 weeks. No treadmill for 6 weeks.
- No weight machines for 3 months.

7. Here are a few things to watch for: redness around the incision, drainage that persists for more than a week after surgery, or fever >100.5. Please call if you have any of these symptoms.

8. Please call our office at 513-424-7711 with any questions or concerns! We are available 24/7!

REMEMBER!! The first 6 weeks after surgery is all about keeping swelling down and getting your knee back to full motion!