

## **PLANNING FOR YOUR TOTAL KNEE REPLACEMENT**

### **DAY OF:**

Nothing to eat or drink after Midnight the day of surgery

Any medication that your Primary Care Physician advised you must take the morning of surgery can be taken with a small sip of water.

Your surgery will be taking place at Buffalo General Hospital you must arrive 3 hours before surgery.

Your surgery will last approximately 1.5 hours and will be done under general anesthesia and you will receive a nerve block to the knee region.

Your incision will be closed with an internal suture and skin glue.

You will leave the hospital with a dressing on your knee, this will stay in place for 5-7 days. You will want to sponge bath until the dressing is removed.

You will be discharged from Buffalo General Hospital the same day or next day.

You will leave the hospital with a walker. You will use the walker for about one week then transition to a cane for approximately two weeks.

### **ONCE DISCHARGED:**

You will be discharged with oxycodone, tramadol, Tylenol and Celebrex for pain control. You will also be discharged with 325MG aspirin for DVT prophylaxis, you will take this for six weeks. All will be sent to your pharmacy electronically. Have your driver stop on the way home to pick these up for you.

You will have an ON-Q pain pump placed into the soft tissue of your knee (this was placed during surgery), the VNA will remove the pain pump 3-4 days after surgery.

You will leave the hospital with an ice pack on your knee. You will want to use this multiple times a day during the first few weeks, this will help reduce swelling.

The VNA will come to your home for physical therapy for two weeks. Ideally your flexion should be between 80-90 degrees at your first post-operative appointment.

You will be given a script to attend outpatient physical therapy at your first post-operative appointment. You will attend for about one month, at this point your flexion should be between 100-100 degrees.

You are allowed to shower but the incision needs to remain dry.

NO cream, lotions or submerging the incision (hot tubs, pool, baths ect) until 6 weeks after surgery.

You will follow up with our office two weeks after surgery. Your post-operative appointment in the surgery letter you received from our office.

## **THINGS TO EXPECT AFTER SURGERY**

It is normal to have moderate swelling of the knee for a couple of months.

The pain medication may cause nausea and constipation.

The knee may feel tight and stiff from scar tissue and muscle trauma for several months.

Kneeling may be uncomfortable.

It may take 6 months before you feel you are going up and down the stairs normally.

There will be numbness around the incision that can take over 12 months to improve.

### **PLEASE CALL THE OFFICE IF YOU:**

**Have a sudden increase in extreme pain.**

**Redness or drainage from your incision**

**Fever or Chills**

**Calf/ankle swelling that does not resolve with elevation and compression stockings**

