

Medications:

Pain Medication:

- Take the pain medication as prescribed to give even pain control, promote healing and the ability to exercise.
- Anti-inflammatories (over-the-counter or prescribed) may be taken to supplement pain medication for swelling and pain control.
- Be aware that some prescribed pain medications may contain acetaminophen; talk with your pharmacist before taking additional over-the-counter Tylenol® or acetaminophen.

Anticoagulants:

- Aspirin, Coumadin®/Warfarin, or Enoxaparin will be taken daily to decrease the incidence of blood clots.
- If taking Coumadin®/Warfarin, consult with your physician before taking over-the-counter anti-inflammatories.
- If you are on Coumadin®/Warfarin, you will need to have your blood drawn (called an INR) every 2-3 days to monitor the medication dosage. You will find an INR prescription in your discharge packet.

Why Anticoagulants?

A possible complication after any surgery is tiny blood clots that can form in leg veins. This is called deep vein thrombosis (DVT). Contact your physician immediately if you develop swelling, redness, and pain in the calf or thigh that does not go away.

In some cases these clots can travel to your lungs and cause a pulmonary embolism (PE). Call 911 if you develop shortness of breath or chest pain. Your physician has prescribed anticoagulant medications and activities to help avoid or prevent thrombosis.



Your Pharmacist:

If you need a refill on medication prescribed by St. Croix Orthopaedics (SCO), please call your pharmacy.
**Allow a full business day for refill processing.

PH: 651-439-8807 • 800-423-1088

Fax: 651-439-0232

www.stcroixortho.com

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Knee Replacement



Post-operation Reference Guide

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CARE uniquely focused on you.™

During Recovery:

After your Knee Replacement, you may experience...

Nausea—Over-the-counter antacids may help relieve nausea.

Constipation—Try over-the-counter stool softeners and drink plenty of fluids.

Swelling—Swelling may last several weeks and occur on and off for many months; elevate and ice for relief.

Bruising—May show up anywhere on the operative leg and could appear several days after surgery; may worsen or change colors before it disappears. Your thigh may be sore from the tourniquet applied during surgery.

Incision—The incision may feel warm and hard to the touch for several months. Numbness around the incision site may last several months and can be permanent. Once healed, gently massage the incision daily to soften the scar tissue and promote flexibility.

Clicking—It is normal to hear a clicking noise as your new knee moves.



When to Call:

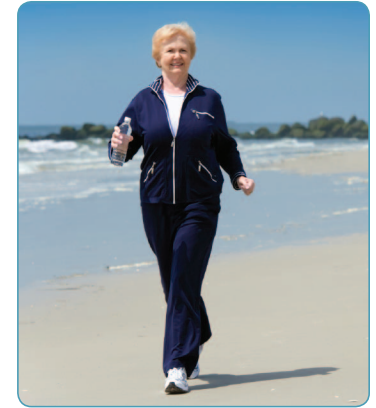
If you have ...

- A temperature over 101° F,
- Incision drainage persists and/or increases,
- Increasingly painful, red swelling at the incision site,
- Significant calf or thigh pain that doesn't go away,
- Call 911 if experiencing chest pain or shortness of breath.



Activity:

- Short, frequent walks are the best exercise for your new knee.
- Do home exercises as directed by your physical therapist, including frequent ankle pumps.
- Avoid sudden movements that may cause your knee to pivot or twist.
- Sit on a firm chair with armrests.
- Do not drive until you are off narcotic pain medicines and have discussed driving with your surgeon.
- Sexual Activity—May resume when comfortable, but avoid movements that may stress your knee.
- Don't Overdo It—As your pain and swelling decreases, remember your joint is continuing to heal.
- If you are using a CPM machine and have questions, contact your physical therapy department.



Self-Care:

- Showering—You can shower (do not soak) 2-3 days after surgery if there's no incision drainage; remove dressing before showering.
- Leave steristrips on until they fall off.
- Staples/sutures will be removed at your two week post-op visit.
- Wear TED stockings for two weeks after surgery at least 12 daytime hours.
- Rest, ice and elevate your leg after exercise or activity to minimize swelling; you may also massage with an upward motion.
- Eat a well-balanced, high calcium diet.
- Drink plenty of water.
- If you smoke, quit.
- Dental Work—Routine dental work may occur up to four weeks prior to surgery. Avoid dental work for three months after surgery. For the first two years after surgery, you should have antibiotics prior to most dental procedures. Discuss lifetime precautions with your surgeon.