

TOTAL JOINT REPLACEMENT DISCHARGE INSTRUCTIONS

- You are not to get your knee wet for 1 week after surgery. After 1 week you may shower using soap with the wound uncovered and then cover with a clean bandage. Do not submerge the wound in water or use any ointments, lotions, or salves until staples are removed in 2 weeks.
- You should wear the support stockings to ease swelling and help prevent clots. These are supplied during your hospital / surgery center stay.
- You should elevate your foot above your heart to help decrease swelling.
- You should ice for an hour, or more, at least 3 times per day (more is better for decreasing swelling and pain).
- If you run out of coverderm bandages, ladies' panty liners (non-deodorized) work nicely. Place pad to skin with paper tape.
- Bruising on the thigh, buttock, or lower leg is normal.
- Low grade temperature elevation and surgical site warmth are normal. Only call if you experience extreme pain or swelling increase, fever greater than 101, drainage increase, wound odor or increased redness, new calf pain and swelling, or shortness of breath.
- You should drink at least six 8-ounce glasses of water daily to avoid constipation. A fiber laxative may be helpful.
- You may wean yourself off the walker as you see fit.
- You should not drive until directed by Dr. George.
- Avoid tanning the wound for the first year.

- Antibiotic prophylaxis for dental/rectal procedures will be addressed at your post-operative appointment. It is best to delay routine dental and rectal procedures for 12 weeks post operatively.
- You should NOT sleep with a pillow behind your knees.
- You should go to the physical therapist 2-3 times per week for 6-8 weeks.
- Your new knee will hurt more if it gets stiff. Using a rocking chair or gently bending the knee throughout the day will decrease your pain and increase your motion.
- BLOOD THINNER: **UNLESS YOU ARE ALREADY ON A BLOOD THINNER; TAKE ASPIRIN 325MG-TAKE 1 TABLET TWICE A DAY UNTIL TOLD TO STOP BY DR. GEORGE.**

Please call our office if you have any questions: **(912) 644-5331** or **(800) 827-6536**