



## **Discharge Instructions**

**Dr. Seneviratne**

**Total Knee Replacement**

## **Pain Management Protocol for Joint Replacement Procedures**

### **Pre operatively 1 day before surgery**

Take Tylenol 1000mg every 8 hours (pre-loading Tylenol has shown to reduce post-operative pain)

### **Pre operatively on day of surgery**

Celebrex 200mg in holding area in the hospital

### **Post operatively**

Tylenol 1000mg every 8 hours for 3-4 weeks (this is the foundation of your pain reduction protocol)

Celebrex 200mg once a day for 30 days (this builds on the foundation)

Neurontin 100mg every 8 hours for 3 weeks (to reduce the burning type of pain that arises due to nerve irritation)

Oxycodone 5-10mg every 4-6 hours as needed for pain control (only use if needed for pain not controlled with the above 3 medications)

Aspirin 325mg every 12hrs for 4 weeks (to prevent blood clots in leg)

## Medications

1. Resume all medications you were taking prior to surgery

### 2. Pain medicine:

Oxycodone: 1 to 2 tablets every 4 to 6 hours as needed

Tylenol: 975mg every 8 hours

Celebrex 200mg once a day for 3 weeks

Neurontin 100mg every 8 hours for 3 weeks

### 3. Blood clot prevention

Aspirin 325mg twice a day for one month

4. **Stool softener/Laxative** as the narcotic pain medicine may cause constipation

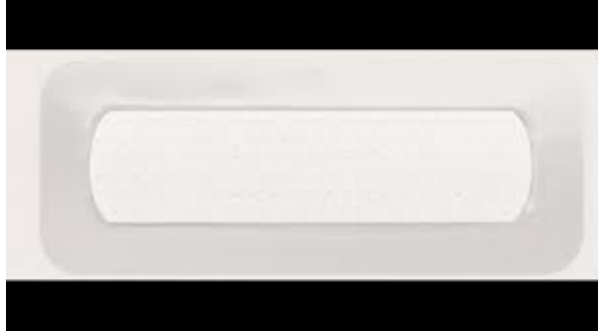
Colace: 3 times daily until you have stopped the pain medicine

Miralax one packet daily (or any other laxative of your choice)

5. **Sleep aids:** it is common to experience insomnia following surgery. If this occurs, you may obtain Tylenol PM over the counter.

## Wound Care

You will leave the hospital with a watertight dressing in place. This dressing is impregnated with a silver based compound that helps prevent wound infection and is designed to stretch as your thigh swells after surgery. You may shower but keep the incision dry and do not soak the wound such as in a bathtub or pool. The wound is closed with dissolvable stitches, sealed with a kind of glue (Dermabond). Vitamin E oil may be used after the wound is fully closed (discuss with me at your first post-op visit). It is very good to soften the scar, and helps to lessen scarring. This can be obtained at any drug store or health food store. Slight redness is normal as is slight hardness around the operative area.



### Ice pack

You may use an ice pack on the operative area for 30 minutes three times a day to help reduce pain and swelling. Do not apply ice pack directly on skin.

### Activity

You may resume all your activities of daily living. The general rule of thumb: Stop an activity when you start to become sore or fatigued. You should change positions frequently to avoid becoming stiff. When lying in bed **DO NOT** put pillow under knee but rather keep it under ankle to help maintain extension.

### Walking

- Walk 4 - 5 times a day, increasing distance each time. **Walking is your most important exercise!** (Remember your rest periods in bed or chair with leg elevation. See “Blood Clot Prevention”.)
- When walking or standing, you may bear full weight on your operated leg(s) unless told otherwise.
- When going upstairs, lead with the **unoperated leg** and when coming down, lead with your **operated leg**.
- Continue using a cane for all walking as long as there is a limp.

## Exercises

- Ten sets of the following exercise should be done each day while sitting in a chair or lying on a couch or bed on the operated side. At least 10 repetitions of each exercise should be done during each set.



*Keep knee straight. Lift leg up 5 inches off surface. Hold for 5 seconds, then lower leg down. Repeat 10 times*



*Sitting in chair, bend operative knee with other leg while leaning torso over. Hold there for 5 seconds, then return to normal sitting position. Repeat 10 times.*



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## Total Knee Replacement Exercises



Quadricep setting: Tighten thigh muscle and push back of knee down. Repeat 10 times



Extend knee, hold for 5 seconds then lower leg. Repeat 10 times

- **Your exercise program is not temporary**, but continuous. It is an important part of the ongoing management of your total knee replacement

## Driving

- You may go for short rides in a car as a passenger
- No extended car trips for 4 weeks.
- You may drive when cleared by physician
- Before driving in open traffic, test your driving skills in a large, empty parking lot.
- Do NOT drive if using pain medications.

### **Blood Clot Prevention**

- Walk as indicated above
- Wear the compression stockings during the day to reduce the leg swelling that normally occurs after joint replacement.
- Aspirin 325mg twice a day for a month

### **Swelling**

Swelling of your legs is normal for several weeks after surgery. Don't be concerned about this. The compression stockings provided in the hospital help to reduce the amount of swelling. They should be worn during waking hours for the first couple of weeks after surgery, but remember to remove them at night. The swelling should, however, not be painful. Should you feel pain in your calf, or if the level of discomfort seems to be heading in the wrong direction, call me.

### **Follow Up**

- Call Dr. Seneviratne if Fever > 101.5, redness, increased wound drainage, increased pain, dizziness or nausea.
- **Please call 877-636-7846 to make an appointment for 2 weeks after surgery.**