



Jill McAngus, MD

Total knee arthroplasty - Postoperative Instructions

Wound Care:

- Wear the TED stockings given to you at the hospital. They help control swelling in the leg. A aquacell dressing over the incision will help prevent the stocking from catching on the staples and will be kept in place until follow up in 12-14 days or until it peels off at 10-12 days. You may begin showering with the dressing in place. The staples will be removed in the office at your first post-op visit around two weeks after surgery. Some redness and warmth around the staples is normal.
- Medications: Typically, you will need to take five medications at home after your surgery. One is a narcotic pain medication that you take as needed to help make you comfortable. This medication can cause nausea, so take it with food. You will also be required to take Aspirin 81mg twice daily for six weeks. One is Tylenol that you will take every 6 hours for pain. One is Celebrex, which is an anti-inflammatory you will take twice daily for 2 weeks and the last is Lyrica, which you will take daily for 2 weeks. If you are unable to take Aspirin or you have a medical condition that requires a different medication for thinning the blood you may be given a prescription for Xarelto or Coumadin. Take these as directed. If you have an allergic reaction, please call the office. We recommend that you take Colace 100mg twice daily, which is a stool softener, to prevent constipation. Miralax can be used with the Colace if you are still having constipation, which can be taken twice daily as needed.
- Blood Clot Prevention: Unless otherwise instructed, take an aspirin 81 mg daily for 6 weeks following surgery and wear TED hose for 4 weeks. This may lower the risk of a blood clot developing after surgery. Should severe calf pain occur or significant swelling of calf and ankle, please call the doctor.
- Constipation: The use of narcotics can lead to constipation. Adequate hydration and over-the-counter stool softeners can minimize constipation problems.
- Normal medications: Resume the day after surgery unless otherwise instructed.

Activity:

- You may bear weight as tolerated on the operative leg. You will need a walker or crutches for two to three weeks and possibly a cane for a few more weeks. You are to perform the flexion and extension exercises two to three times per day. When sitting, you should keep the leg elevated and out straight most of the time during the first few weeks after surgery. You also need to apply ice to your knee at least four times daily for

20 minutes at a time. You may walk as much as you are comfortable. Outpatient physical therapy will begin the week after surgery.

Showering:

- Once bandages are removed, you may shower regularly, but do not submerge in water or bathe.
- The operative bandage is waterproof and you can shower in this.

Post-Operative Appointment:

- Dr. McAngus will need to reexamine you 12-14 days after your procedure. Please call the office (numbers on first page) to schedule a follow-up appointment.

Diet:

- The anesthetic drugs used during your surgery may cause nausea for the first 24 hours. Following surgery, begin with clear liquids and light foods. You can progress to your normal diet if not nauseated. If nausea and vomiting become severe, or if you show signs of dehydration (lack of urination), please call the doctor.

Driving:

- No driving until permitted by the doctor.

Work/School:

- May return to sedentary work or school 3-4 days after surgery, if pain is tolerable.
- I recommend taking at least 2 weeks off from work after surgery

URGENT Information and Contacts:

- A low-grade fever (up to 100.5 degrees) is not uncommon in the first 48 hours. Please call the doctor with any temperature over 101 degrees.
- Please call the doctor if you have severe pain that your pain medication does not relieve, persistent numbness of the leg, fever over 101 degrees, difficulty with the cast or surgical incisions, difficulty breathing, chest pain, excessive nausea/vomiting, or if you experience redness or swelling in your thigh or calf.
- If unexpected problems occur and you need to speak to someone, please call the doctor (254- 595-3689). If calling after office hours or on the weekend, please leave a message or text. We will attempt to return these as quick as possible.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

Follow-Up Care/Questions:

- Dr. McAngus or Christi, LVN will call you after your surgery. If you have not been contacted within 48 hours of surgery, please reach out to Dr. McAngus' office.
- If you do not already have a postoperative appointment scheduled, please contact the office during normal office hours. Appointments should be arranged 12-14 days from surgery.
- Please call (254)595-3689 with any questions or concerns at any time.