

TOTAL KNEE ARTHROPLASTY DR. ORYHON

PROCEDURE: Total Knee Arthroplasty (TKA) Right Left Bilateral

GENERAL INSTRUCTIONS:

Use pain medication and/or ice packs when your knee hurts. It is advised (but not necessary) to take pain medication before you do your exercises and apply ice packs to your operative knee after exercises. Antithrombotic stockings (TED hose or compression stockings) are highly suggested for 4 weeks.

KNEE PRECAUTIONS:

Do **not** use heat or heat creams on your operative knee/leg.
Do **not** lie with a pillow under your operative knee. You **may** place a pillow under the heel/ankle to promote straightening of your knee.
Do **not** twist, pivot or jump on operative knee/leg.
Do **not** immerse the operative knee under water (no baths/pools x6 weeks).
Do **not** drive until cleared to do so by Dr. Oryhon (typically 3-6 weeks).

PHYSICAL THERAPY/REHAB:

Weight Bearing as Tolerated (WBAT) – use walker or cane as needed
Wear Knee Immobilizer as needed (this is strictly for early post-op comfort, it is not necessary)
Your inpatient rehab therapists or home therapists will work on a TKA protocol, exercises include: ankle pumps, quad sets, straight leg raises, supine range of motion, seated range of motion, prone range of motion, terminal knee extension and gait training.

Note: It is important to actively participate in your knee rehab and work diligently on the prescribed exercises. You should continue the exercises on your own even after formal therapy has ended – this should be done for at least 6 months to a year after surgery to promote full muscle recovery, eliminate limp and minimize the chance of injury.

WOUND CARE:

Unless otherwise informed, your incision is closed with absorbable suture – no suture or staple removal is necessary. Skin Glue (Dermabond) covers your incision to protect it while the skin heals – this will fall off with time.
Do **not** use ointments or creams on your operative knee.
Dry dressing change to incision if there is drainage (usually not needed past one week from surgery).
Shower is allowed (without covering wound) once wound is completely dry (no drainage on dressing).

MEDICATIONS AND PRESCRIPTIONS:

Tylenol 1000mg every 8 hours for two weeks.
Additional pain medicine as prescribed. See “Medication and Education” section of your surgical packet.
Aspirin 81mg twice per day to thin the blood and prevent blood clots in **most** cases for 30 days.
Coumadin (Warfarin) is **sometimes** needed to thin the blood – the dose will be adjusted based on your blood tests.
An alternative oral medication (e.g. Xarelto, Eliquis) is sometimes used instead of Coumadin – no blood monitoring.
Colace as needed for constipation while on pain medicine.
Ferrous Sulfate 325mg each day (iron supplement to combat anemia) for 30 days.
Also refer to the discharge medication reconciliation regarding your other medicines.

CLINIC FOLLOW-UP:

Dr. Oryhon or his PA Sayra will see you for follow-up 5-6 weeks after surgery.
If you or your therapist have any concerns before the follow-up please call the office (847) 381-0388.
Refer to our website www.lakecookortho.com for full TKA rehab protocol and other information.