



## BAY AREA ORTHOPEDIC

SURGERY & SPORTS MEDICINE

---

100 Hospital Drive. Suite 303 Vallejo CA 94589

Teodoro P. Nissen, M.D., Q.M.E.  
Fellowship Trained  
Board Certified

Joseph M. Centeno, M.D.  
Fellowship Trained  
Board Certified

### ***DISCHARGE INSTRUCTIONS FOR KNEE REPLACEMENT***

#### **ANESTHESIA**

- You may feel dizzy, light-headed, or sleepy for the first 12-24 hours after your operation. You cannot drive, operate any mechanical or electrical devices, or drink alcohol. Do not make any important decisions for 24 hours, and as long as you are taking prescription narcotic medication.
- If you have had general anesthesia, it is normal for you to feel generalized aching, sore muscles, and have a strange taste in your mouth or possibly a sore throat. This is normal and will dissipate in 24-48 hours.
- Resume your diet gradually as tolerated.

#### **ACTIVITY**

- Rest on the day of surgery. You will have a postoperative dressing. Most likely a PICO dressing. It is common to have small areas of blood on the dressing. Do not be alarmed. If you have leaking around the dressing, contact the office.
- You will be given a brace. This brace is to protect the knee as well as keep the knee straight. **IT IS TO BE KEPT ON WHEN IN BED AND NOT PERFORMING PHYSICAL THERAPY EXERCISES.** If possible, try to maintain the knee in a straight position since it will make your recovery, physical therapy and ambulation easier. Weight bear as tolerated using crutches or the walker provided.

#### **ICE and ELEVATION**

- Ice (or cryocuff) the operative knee for the first week, as tolerated, to reduce swelling and pain. Use a towel as a barrier between the skin and ice.
- Elevate the knee on pillows beneath the ankle. Try and keep the knee straight.

## **PAIN MEDICATION**

- Discomfort from the surgical site is normal and expected. Medications prescribed during your pre-operative appointment are to be taken as directed. You should have medication available to you when you leave the surgery center or a prescription will be provided.

## **CARE OF DRESSING/SHOWERING**

- **DO NOT GET YOUR BANDAGE WET UNDER ANY CIRCUMSTANCES.** Wet bandages increase the risk for infection. Keep dressing clean and dry.
- Do not remove the dressing until instructed to do so. Most commonly it is a PICO dressing that is removed 1 week after surgery. **DO NOT REMOVE** the underlying ZIPLINE.
- Report to our office any fever/chills, excessive swelling, redness to skin, discolored drainage, uncontrolled pain, persistent nausea, vomiting or any other concerns. Our office number is (707) 645-7210. Phones are attended to 24 hours/day.

## **POST-OP VISIT**

- Please call the office the next working day after surgery to let us know how you are doing and to confirm your follow-up appointment. Physical therapy will be ordered at your first post-operative appointment in 1-2 weeks unless otherwise instructed.

Patient: \_\_\_\_\_ RN: \_\_\_\_\_