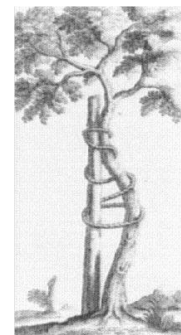




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## POST - OP TOTAL KNEE ARTHROPLASTY (TKA)

### While In Hospital

- You will be on a standardized protocol for knee replacement that the nurses and physios on the floor are well versed in.
- Your clear plastic dressing will stay intact until your 2<sup>nd</sup> postoperative day then it will be changed only if it is draining excessively.
- Your job in hospital is to get moving as fast as possible. You may stand and walk immediately. You may bend your knee as soon as your dressing is off (24 hours after your surgery), bend your knee while sitting at the side of the bed – using your non-operated leg as leverage
- Your staples will be removed by either the home care nurse or your family doctor **14 days after your surgery**. You will go home with a staple remover for this purpose.
- If your wound is draining **EXCESSIVELY 7 days** after your surgery, it is NOT normal, **CALL ME and RETURN TO SEE ME** in the FRACTURE CLINIC (NOT your family doctor)
- If you must have a pillow under your leg keep it under your **HEEL**

### What You Do

- Your follow-up appointment will be on the first **MONDAY 6 weeks AFTER** your surgery
- Your appointment will be at the Hamilton **GENERAL** Hospital, in the FRACTURE CLINIC (near the Emergency Department on the ground floor - follow the signs)
- Your appointment will be made for you prior to you leaving the floor
- You will have to **call the Fracture Clinic Booking Office** at 905 527 4322 ext 46260 or ext. 76891 to confirm the appointment when you get home
- Please do NOT call Zoryana (my secretary) as she will NOT be able to confirm this for you
- **Prescriptions** will be faxed to your pharmacy (there will be a narcotic, an NSAID, a blood thinner and a stool softener)
- If they are printed out, fill your **prescriptions** when you are discharged: take the narcotic as needed (you may also take over the counter anti-inflammatory like Naprosyn, Ibuprofen, Advil etc 2 hours after the pain pills)
- Use ice as needed, applied 20 minutes every hour
- Begin **physiotherapy** as soon as you can (I have given you a prescription)

If you have any questions, concerns, or problems (ie suddenly increased pain, fever, chills, night sweats, foul smelling discharge from your surgical site) please call my office at 905 526-8430 or **after hours** call the hospital switchboard at 905 527 4322, ext. **46311** and page the orthopedic resident on-call. Failing this you may contact your family doctor or as a last resort for urgent problems, you can go to the nearest Emergency Department.

### Frequently Asked Questions

#### **When can I bathe?**

- You may shower 2 days after surgery, keeping the incision dry. You may shower 2 days or soak in

the tub 5 days after after your staples come out (**IF** the incision remains dry and clean)

**What do I do for prescription repeats?**

- Call my office if needed — I will usually repeat prescriptions if needed when I see you in the Fracture Clinic. Generally I will only write prescriptions for the first 6 weeks — after that I would like you to get prescriptions from your family doctor.
- Please anticipate when the medication will run out, as I am not in the office every day. I can usually
- accommodate you promptly if I get 48 hours notice.

**What about dental work?**

- Avoid all dental work (including cleanings) for 1 year after surgery
- If you are unable to avoid dental work (emergency procedure etc), I encourage you to inform your dentist that you have a joint replacement the dentist, they may elect to provide a prophylactic antibiotic for you.
- If your joint replacement has previously been complicated by an infection or revision surgery, I recommend antibiotics for life prior to dental work.

**When can I drive?**

- 6 weeks after surgery

**How often do I need follow up?**

- standard follow up for joint replacements is 6 weeks, 2 years, 5 years, 8 years and so on, for life.