

TOTAL KNEE REPLACEMENT

Your Guide to Recovery and Long-Term Knee Health

The goal of total knee replacement is to regain a relatively pain-free, functional knee. Although you will continue to see improvements for two years, the majority of the recovery happens within the first 2–3 months.

The right rehab, done consistently, helps reduce pain, restore function and strength, and help prevent future injury.



WE TAKE A PERSONALIZED APPROACH

Every knee and every patient is different. Dr. Linehan tailors your rehab program to your specific diagnosis, goals, and lifestyle—so you can get back to doing what matters most.



BEFORE SURGERY

- The surgery will take about 1 hour, and most patients go home the same day.
- Pre-operative laboratory testing will be ordered when your surgery is scheduled.
- Starting 1 week before surgery, shower daily using chlorhexidine body wash.
- Starting 5 days before surgery (unless medically contraindicated):
 - Tylenol (Acetaminophen) 1000 mg three times daily
 - Celebrex (Celecoxib) 200 mg twice daily
- Stop blood thinners, supplements that thin the blood, and GLP-1 medications 1 week before surgery unless otherwise instructed.
- The morning of surgery, you may have a few sips of water only. Do not eat or drink anything else.



DAY OF SURGERY

You will meet your anesthesia provider in the pre-operative area. A nerve block will be performed to help control pain. This typically lasts approximately 3 days and will temporarily numb the leg.



AFTER SURGERY

- Your incision will be covered with a waterproof dressing.
- You may shower whenever comfortable.
- The dressing typically stays in place for about 2 weeks until your follow-up appointment.
- No special wound care is required.



ACTIVITY RESTRICTIONS

First Two Weeks:

- Do not plan on leaving the house much or having many visitors.
- Work on range of motion from full extension to 90 degrees flexion.
- When you are resting, rest in full extension with a pillow under your ankle/calf. DO NOT put a pillow behind the knee.
- Take gentle walks around the house using your walker 5+ times each day.
- Elevate the leg higher than the heart to decrease leg swelling.
- Do ankle pumps throughout the day and wear compression socks to decrease the risk of blood clots.

First 6 Weeks:

- Use walker or cane.
- Continue to work on range of motion 0–120 degrees.
- Work on contracting your quads, normalizing your gait and balancing on one leg.

6–12 Weeks:

- OK to wean off cane as tolerated.



HOME EXERCISES

Most patients do not require formal physical therapy. Immediately after surgery, begin:

- Work on flexion and extension 5x/day
- Gentle walks on even ground
- OK to use exercise bike
- Use cane/walker for at least six weeks

Stretch for 5 minutes, 5 times daily. Additional stretches will be added at your follow-up visits.

A detailed home exercise protocol can be found at www.DrLinehan.com.

WHEN TO CONTACT YOUR CARE TEAM

- ✓ Increased pain or swelling
- ✓ Loss of motion or function
- ✓ Questions about your exercises or restrictions
- ✓ Any concerns about your recovery



We're here to support you every step of the way. Don't hesitate to reach out!



CALL THE OFFICE IF YOU EXPERIENCE

- Fever over 101.5°F
- Increasing redness or drainage from the incision
- Severe swelling
- Chest pain or shortness of breath
- Uncontrolled pain
- Any concerns about your recovery