



WAYPOINT ORTHOPAEDIC ASSOCIATES

POST-OPERATIVE INSTRUCTIONS: PROCEDURE: TOTAL/UNI KNEE ARTHROPLASTY

≥ Post-Operative Appointment: Your post-operative appointment is:

▪ on ____ / ____ / ____ at ____ AM/PM

▪ at the _____ office location

- ∨ Pain Medication: You will be given a prescription for pain medication for after surgery. This should be filled and ready for use when you return home from the hospital. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Ultram, Norco, Vicodin or Tylenol with Codeine. Try to limit your use of these medications to the absolute minimum you can tolerate. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- ∨ Dressings: No wound care is needed. Leave the simple dressing alone. Keep the incision site clean and dry at all times until seen and evaluated at your first postoperative appointment.
- ∨ Cold Therapy: Apply ice or use the ice machine to surgical area for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt.
- ∨ Activity: Start immediate full weight bearing to tolerance. Perform immediate range of motion exercises of the knee and/or hip to tolerance. Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Elevate the operative leg to chest level whenever possible to decrease swelling.
- ∨ DVT (blood clot) prevention:
 1. Perform range of motion exercises for right and left ankle to exercise calf muscles. Do ten reps every hour minimum while awake
 2. When upright, place surgical foot on ground and apply body weight for balance. Do not have leg suspended in air when walking with crutches or walker, if using crutches or walker.
 3. Take one regular (325mg) aspirin daily for 4 weeks unless not recommended for other medical reasons. ***Clear this with your family doctor before starting the aspirin.***
- ∨ Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.

➤ When to call your surgeon:

- o Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days

ANTIBIOTIC PROPHYLAXIS

Although it is very rare, an artificial joint can become infected by the bloodstream carrying infection from another part of the body. Therefore, it is important that any bacterial infection be treated promptly by your medical doctor. **Routine colds and flu** as well as cuts and bruises do NOT need to be treated with antibiotics.

Patients should take **Amoxicillin 2 grams** one hour before having any of the following procedures for the first 2 years after your joint replacement. Please let your doctor know about your joint replacement and need for prophylaxis.

- Dental work or tooth cleanings
- Skin biopsy
- Podiatric procedures involving cutting into the skin
- Cystoscopy-Your doctor may choose another antibiotic, but antibiotics must be given
- Colonoscopy-same as above cystoscopy
- Endoscopy—same as above cystoscopy
- Dermatologic procedures which involve cutting into the skin.
- Invasive gynecological procedures

Patients do **NOT** need to take antibiotics for the following procedures:

- Pedicures/Manicures
- Gynecologic exams
- Cataract surgery
- Injections or blood work

If you are unable to take Amoxicillin, use **Clindamycin 600 milligrams** one hour before the procedure. Amoxicillin is a form of penicillin, if you are allergic to penicillin, you should take Clindamycin, not Amoxicillin. Another alternative to Clindamycin is **Biaxin 500 mg**, and **Zithromax 600 mg**.

You may have a flu shot at any time following your surgery.

Please do not schedule any routine dental work for three months after your joint replacement. Likewise, please call if you have a gum or tooth infection.