

## **Jennifer L. Cook, MD**

Florida Joint Replacement and Sports Medicine Center

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### **Post-Operative Instructions for Total Knee Replacements**

#### 1. Post-op

- You should already have a follow up appointment for a wound check about 2 weeks after your surgery. Be sure to call the office to schedule this if you do not.

#### 2. Medicine

- *Lovenox* is one injection every 12 hours for 4 weeks. The injections begin the morning after surgery. The nurse will show you how to inject the *Lovenox* before discharge from the hospital.
- Some patients may be on *Coumadin (Warfarin)* instead of *Lovenox*. This medicine is to be taken at the same time every day. Blood work must be done twice a week to make sure you are on the right dosage. Patients stay on this medicine for about 4 weeks unless otherwise instructed by your physician.
- Vicodin or other pain medications are to be taken as directed

#### 3. Home Care:

- The nurse for a health care agency should contact you in the first 24 hours after you arrive home. If no one contacts you, then call the agency number on your discharge instructions given to you by the nurse.
- Again, if you are on Coumadin, then your blood needs to be drawn twice a week. If no one contacts you to draw your blood in the first four days call the nurse from the home care agency.
- The home care agency will also set up home physical therapy to come in three times a week

#### 4. Showering:

- Cover the incision with saran wrap while showering until the wound is completely dry without any drainage.
- Do not scrub the incision, let water/soap run over it and then pat it dry. Do not soak in a tub or go swimming.

#### 5. Extension:

- Place a rolled towel under your ankle to help with extension. Never put anything under your knee.

- Getting your knee fully straight (fully extended) is one of the most important things for a successful total knee replacement.
- Call if you have significant problems with this. It will likely be somewhat painful initially.

6. Ice:

- Ice your knee as needed for 20 minute intervals on/off as needed. Be sure to ice it after your physical therapy sessions.

7. Swelling:

- Your knee is going to be warm and swollen for a long time (9 months to 1 year). **Call the office immediately** if the wound site is red, if there is excessive drainage or pus, there are red streaks on your leg, if you have a fever over 101.5°F, or if you are experiencing severe pain.

9. Prophylaxis:

- Remember to pick up your medic alert card and antibiotic instructions from the office when you follow up.

If there are any further problems that are not solved call Dr. Cook's office.

Physician Name Jenifer L. Cook, MD      Signature \_\_\_\_\_  
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I hereby acknowledge receipt of the instruction indicted above. I understand that I must make arrangements for my post-operative follow-up care with Dr. Cook as instructed by her.

Patient Signature \_\_\_\_\_

Witness \_\_\_\_\_

Relationship: \_\_\_\_\_