

KNEE REPLACEMENTS AFTER SURGERY AT HOME

DIET: Resume the same diet that you had prior to surgery unless specifically instructed otherwise.

MEDICATIONS: Take your medications as prescribed upon leaving the hospital for your pain medication and your blood thinner. Your blood thinner will either be Coumadin, Lovenox, or aspirin. Coumadin usage is typically for one month, Lovenox usage is usually seven to ten days, or aspirin usage will be one month. It is generally a good idea to take some form of a multivitamin and vitamin C as well as some iron supplement (it can be over-the-counter) daily for about six weeks. This will help you to build up your blood count and to help heal your wound.

ACTIVITIES: You will need to use a walker, crutches, or cane for six weeks. Follow all instructions of the physical therapist. You will be given information concerning exercises and precautions. You may walk limited distances. Do not drive for six weeks. Do not plan airplane travel for three months. The reason for this is that you will be at increased risk for development of blood clots. A blood clot that can go to your lungs is called a pulmonary embolism. This can be a serious situation. Call our office to schedule a return visit in approximately two weeks after the surgery or as soon as is practicable. If the home healthcare agency has not removed your staples, they will be removed at this visit.

BATHING: In general, you can take a shower when you go home. If your incision is dry and clean, it can be left open to the air and you may shower. Your staples will not rust. Do not take a bath for about two full weeks after the surgery. Be aware that you may need added support to do this.

BLEEDING: Some oozing of blood may occur for a few days after your discharge from the hospital, but this is unusual in the patients that we use platelet gel on. Significant bleeding after surgery is rare. If you have any of these problems, call our office.