



EDWARDS
ORTHOPEDICS

Advanced Orthopedic Surgery, Close to Home.

Dr. Chad Edwards, Orthopedic Surgeon

POSTOPERATIVE INSTRUCTIONS

Total Knee Arthroplasty

Rehabilitation or physical therapy instructions, when needed, are provided separately.

Incision and Dressing Care

- Keep the Ace bandage in place for the first two days after surgery and remove it on postoperative day 3.
- An Aquacel dressing is underneath the Ace bandage. It is waterproof, so you may shower starting postoperative day 3 after the Ace bandage is removed.
- Do not soak or submerge the incision until cleared.
- Remove the Aquacel dressing 1 week after surgery. Beneath it is a Dermabond mesh that should remain in place.
- Remove the Aquacel carefully so you do not pull off the Dermabond mesh. If the mesh comes off accidentally, continue with the plan as directed.
- Call the office if the Aquacel becomes saturated, starts leaking, lifts significantly, or loses its seal.

Pain Control - Goal: Minimize Opioids

- **Acetaminophen (Tylenol):** Take 1,000 mg (two 500 mg Extra Strength tablets) three times a day unless instructed otherwise.
- **Anti-inflammatory medication:** Unless you were prescribed Celebrex or a different anti-inflammatory, take ibuprofen 800 mg three times a day with food.
- **Do not combine NSAIDs.** Do not take ibuprofen together with Celebrex, meloxicam, naproxen, diclofenac, or another NSAID. If you have been told to avoid NSAIDs, do not take ibuprofen unless specifically instructed.
- **Muscle relaxer:** Flexeril (cyclobenzaprine) may occasionally be prescribed for muscle spasm. Take it only as directed. It can cause drowsiness.
- **Oxycodone / Percocet:** Use only if pain remains unbearable despite Tylenol and your anti-inflammatory medication. Use as little as possible. The goal is to avoid opioids whenever possible.
- **Important Tylenol warning:** Do not take additional medicines that contain acetaminophen. Percocet contains acetaminophen and counts toward your daily total.
- **Alcohol and driving:** Do not drink alcohol or drive while taking oxycodone, Percocet, Flexeril, or any medication that makes you sleepy or impairs your judgment.
- **Blood thinner:** If an anticoagulant or blood thinner is prescribed, take it exactly as instructed.

Blood Clot Prevention

- **Aspirin 81 mg twice daily:** Take this for blood clot prevention unless you already take another anticoagulant or you were otherwise instructed.
- If another anticoagulant is prescribed, take it exactly as directed.

Activity and Mobility

- Begin walking and light movement as soon as you are able.
- Use a walker or cane as directed and take precautions to prevent falls.
- Avoid high-impact activity, sudden pivoting, and activities with a significant fall risk until you are cleared to advance activity.
- Do not drive until you are safe to control the vehicle and have been cleared. Never drive while taking opioid pain medication, Flexeril, or another sedating medication.
- Follow the physical therapy and rehabilitation instructions provided separately.

Nutrition

- Stay well hydrated and eat a healthy, protein-rich diet. Protein shakes such as Ensure may be used if additional protein is needed.

Follow-Up

- A follow-up appointment will be scheduled to monitor your recovery.
- Call the office if you have questions or concerns before your follow-up.

Call the Office for Any Other Concerns

- Increasing redness, swelling, warmth, or drainage from the incision.
- Fever or chills.
- Severe or worsening pain that is not improving as expected.
- Persistent calf swelling or calf pain.
- A dressing problem such as saturation, leaking, or loss of seal.

CALL 911 OR GO TO THE EMERGENCY ROOM

For any emergent issue. Do not use the office or urgent postoperative text line for an emergency.