

**GLENELG**  
ORTHOPAEDICS



## **Total Knee Replacement Post Operative Instructions**

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## TOTAL KNEE REPLACEMENT

### POST OPERATIVE INSTRUCTIONS

1. Wool and bandage dressing to be left intact for 4 days (remove drain under dressing without taking off). Wound to be kept dry for 14 days.
2. Sutures should be removed by Dr Nimon at 10-14 days.
3. **Do not** soak in pool, or shower until you have been reviewed by Dr Nimon.
  - a. Patient to be encouraged to regain full range of motion, and to walk independently ASAP.
  - b. Walking 1<sup>st</sup> day after surgery with frame.
  - c. Aim for discharge 5-7 days after surgery.
  - d. Initially at home first 4 weeks - stay around house – venturing onto street garden near the end of the first 4 weeks.
  - e. Start shopping 4-6 weeks – should be weaning onto 2 sticks then 1 stick at this time.
  - f. Driving usually at 8 weeks.
4. On discharge you will be given an appointment time for a post operative appointment. If you do not have one, please ring Debbie on 8376 9988 for a post operative appointment, approximately 12-14 days after surgery.
5. You will need a physiotherapy outpatient appointment made, prior to discharge.

Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however, pain suddenly increases, knee swells or redness appears or fluid discharges, please contact me as soon as possible – pager available on 8378 2179.**

**Remember any problem – I WOULD RATHER KNOW – feel free to contact me on the above pager number.**

### Wound Care

Your wound will be covered with a dressing which is to be kept dry for 14 days.

The sutures will be removed at your appointment which is usually 12-14 days following surgery. **It is important you keep the wound clean and dry** and always have clean hands when drying the wound. It is normal for some discharge from the wound during the initial post operative period but **if at any stage you have increased pain or increased discharge, increased swelling, please contact me on 8376 9988 or after hours pager on 8378 2179.**

### Exercise

You will be encouraged to regain a full range of motion and to walk independently ASAP. A physiotherapist should see you whilst in hospital and explain exercises and care following surgery. You should continue with physiotherapist appointments once discharged. It is recommended you generally stay at home for the first 4 weeks following surgery. By 4-6 weeks following surgery you should start shopping and weaning to 1 stick at this stage. You should not drive until 8 weeks. Avoid kneeling on your new knee joint. It is important to avoid activities which put extra stress on your knee joint.

There are certain movements you should avoid during the post operative period which include; jumping, avoid sudden jolts.

### Pain Management

Pain relief or a script should be provided to you on discharge. This amount should be adequate however you might need to take “over the counter” pain relief for the next few weeks. It is not unusual to experience some pain for several weeks following surgery. If you have difficulty managing the pain please contact the surgery for advice. It is a good idea to take analgesia ½ hour prior to commencing exercises.

### Complications/Problems

**Swelling, redness, increased warmth of the operated area or if excessive discharge from the wound commences or continues or if you have a temperature or generally feel unwell please contact me on 8376 9988 ASAP or after hours pager on 8378 2179.**