



## Postoperative Care Instructions

### Total Knee Arthroplasty/ MAKO Partial Knee Arthroplasty

Main Office Number (answering service at night): 480-483-0393

Medical Assistants (during office hours): Mishelle 480-440-6532 or Rachael  
480-440-6557

Website: <https://tarlowknee.com>

Email: [doctlow@gmail.com](mailto:doctlow@gmail.com)

*Please call during office hours for prescription questions. We will return after hours/weekend/holiday calls for non-urgent matters on the next business day.*

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#### ACTIVITY

- Limited activity for the next 3 days—NO strenuous activity. Rest/elevate your leg.
- Anesthesia can last for 24 hours. Move slowly to avoid lightheadedness.
- No driving/alcohol/important decisions for 24 hrs. No driving while on opioids.

#### WALKING

- Put full weight on your operative leg with cane/walker for 3-10 days after surgery.
- After 3-10 days, you can walk freely based on your confidence and performance.

#### DRESSING CARE AND SHOWERING

- Keep your dressing clean and dry for one day. Replace if saturated with blood.
- Remove your bulky dressing/Neo Knee Wrap 1-2 days after your surgery. If present, leave the occlusive silver-coat dressing for 3-7 days. Ace Wrap is optional after day 3.
- Shower with occlusive dressing 1-2 days after surgery. Swimming pools at 3 weeks.

#### SWELLING, BRUISING and ICING YOUR KNEE FOR THE NEXT 3 WEEKS

- Use gel ice or ice bag for 30-60 mins 4-6 TIMES PER DAY FOR UP TO 3 WEEKS.
- Leg swelling and bruising from thigh to ankle is usually more prominent than patients anticipate and usually maximizes 10 days after surgery, resolves at 3 weeks.
- You may have bruising/lower leg throbbing with standing for 3 weeks.

#### PAIN

- The anesthesiologist will perform an adductor canal nerve block prior to your surgery which minimizes your surgical pain for 24-30 hours.
- You will be given a prescription for 1(uni) or 2(total) opioid pain medicines. The quantity provided is has been deemed sufficient. Use them as needed but judiciously. Additional opioid prescriptions are not needed and will not be provided for the typical recovery. Ibuprofen200/Acetaminophen 500 every 6 hours is recommended after the opioid period.
- Stay on ahead of your pain the first 3 days. After 72 hours the pain will diminish daily.
- Opioid pain medications can cause constipation. Drink lots of fluids and eat a high fiber diet. Use a stool softener or laxative for severe constipation.

#### BODY CHANGES

- Poor appetite/Fatigue for 6-8 weeks(blood loss, surgical trauma, opioids). Multivitamin/500mg Vitamin C daily for a month helps.
- 2 capsules Essential amino acids and 800-5000 IU VitD3 1 week prior and 2 weeks after surgery aids healing.
- You may also have difficulty sleeping for 2-3 months. Call the office for prescription medication but must wait until off opioids for a month if needed.

### **BLOOD CLOT PREVENTION FOR 3 WEEKS AFTER SURGERY - For “all” patients**

- **VenaPro CALF COMPRESSION DEVICES and ASPIRIN FOR 3 WEEKS:** These devices squeeze your calves (mimicking normally walking) to help push the blood out of the calf so the blood does not pool and result in a blood clot.
  - Wrap calf sleeves around BOTH lower legs AT NIGHT WHILE SLEEPING and ANY TIME YOU ARE NOT MOVING FOR >2hrs DURATION (watching a movie, computer work, travel, etc.)
  - You will use these for 3 WEEKS but do not walk while using your devices.
  - ☼ If your unit malfunctions, Call PrecisionMedical (480)483-4900.
- **ASPIRIN 81mg ORALLY twice daily**—start at 8am the morning after surgery and continue morning and night for 3 weeks.

### **KNEE BRACE USED FOR 3 WEEKS AFTER SURGERY - for most patients**

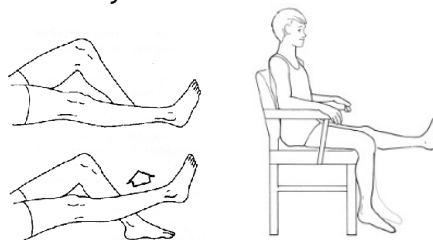
- A compression neoprene knee brace is part of the standard post op knee dressing. Leave in place for 24-48 hours, then use only at night for 10 days. For additional Knee Stability while walking after 24-48 hours use the hinged knee brace with removable hinges (depending on individual stability need). You will wear the brace for up to 3 weeks after surgery depending on progress-stop brace around the time you discontinue using the walker:

### **NEUROMUSCULAR QUADRICEPS E-STIM (Chattanooga) - for most patients**

- Place garment with 4 pads black side skin side/silver grid side material side into square outline inside garment. Place on distal thigh just above knee. **With garment on Knee**, Set PRG button to P09, then “+” button to MAS=20 on each channel and use for 15 minutes 4-6 times daily for 3 weeks to improve leg strength and walking speed.
- ☼ For technical questions phone DJO/Chattanooga Customer service (800) 336-6569.

### **EXERCISES AND PHYSICAL THERAPY (1<sup>st</sup> PT APPT ONE WEEK AFTER SURGERY)**

- Formal physical therapy is optional, and may promote a speedier/complete recovery.
- There is a list of preferred physical therapists on Dr. Tarlow’s website at <https://tarlowknee.com/office/preferred-outpatient-physical-therapy-facilities/>
- Schedule first physical therapy appointment for ONE WEEK after surgery.
- **During the first week at home perform 25 reps of straight leg raises and 25 knee range of motion exercises twice daily.**



### **DRIVING AND RETURN TO WORK**

- You may drive as long as opioid pain relievers are not being used---typically 3-14 days.
- Return to work for MAKO partial knee replacement 1-4 weeks and for total knee replacement 1-3 months.

### **IF YOU EXPERIENCE THE FOLLOWING SYMPTOMS OF INFECTION OR BLOOD CLOT, PLEASE GO THE CLOSEST EMERGENCY ROOM ASAP:**

- CHEST PAIN OR SHORTNESS OF BREATH.
- CALF OR THIGH PAIN THAT IS CONSTANT AND DOES NOT GO AWAY WITH REST, ELEVATION OR STRETCHING.
- SEVERE KNEE PAIN, FEVER >102, REDNESS/WARMTH/UNUSUAL DRAINAGE OR FOUL SMELL FROM INCISION.

Updated June 2019