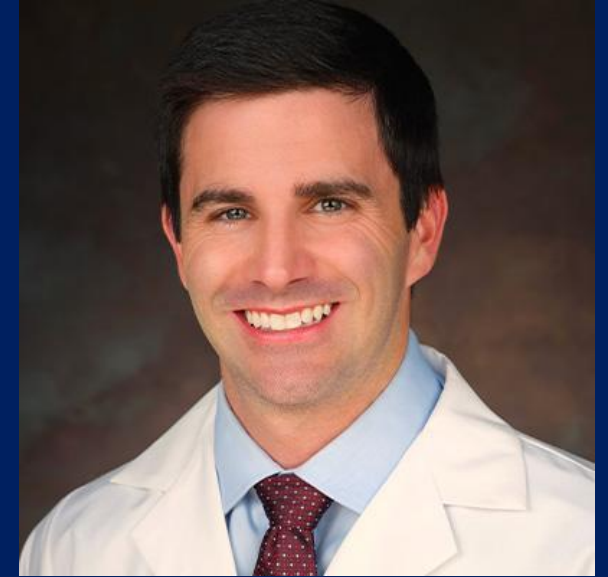


Dr. Burrow's Post Operative Knee Replacement Information



Much of this information can also be found at:

Total Knee Replacement - OrthoInfo – AAOS

<https://orthoinfo.aaos.org/en/treatment/total-knee-replacement>

Total Knee Replacement - AAHKS

<https://hipkneeinfo.org/knee-care/total-knee-replacement/>

Nutrition Before and After Surgery

- If you are on a specific diet, then you should continue that diet
Avoid highly processed foods: mac & cheese, French fries, chicken nuggets, crackers, chips, bacon, fast food burgers
- Recommendations 2 weeks before and 6 weeks after surgery.
 - **Hydration:** Avoid alcohol and soft drinks.
 - **Berries:** 1-3 servings per day. (Ex - Blueberries, Blackberries)
 - **Fruits:** 1-2 servings per day. (Ex - Apples, Avocado)
 - **Beans:** 1-2 servings per day. (Ex - Green beans, Pinto beans)
 - **Whole grains:** 3 servings per day. (Ex - Brown rice, Oatmeal)
 - **Vegetables:** 1-2 servings per day. (Ex - Broccoli, Sweet potatoes)
 - **Greens:** 2 servings per day. (Ex - Spinach, Kale)
 - **Nuts:** 1 serving per day. (Ex - Walnuts, Pecans)
 - **Protein:** Whey or Soy protein supplements. Grilled lean meat.
 - OPTIONAL nutrition supplement * EMNORTHO.com



Over-the-Counter Medications

- Tylenol 500mg tablets Take 2 tablets every 8 hours
 - Take this even if having no pain
- Aspirin 81mg x 70 tablets. Twice per day for 28 days then 1x/day for 14 days (total of 42 days)
 - May substitute for another medication if high risk or taking blood thinner for another medical problem
- For General Bone Health
 - Vitamin D3 +K2 – 5,000 IU daily
 - Calcium Carbonate – 1,200 mg daily
- Resume all previous medications that you were taking before surgery unless instructed otherwise

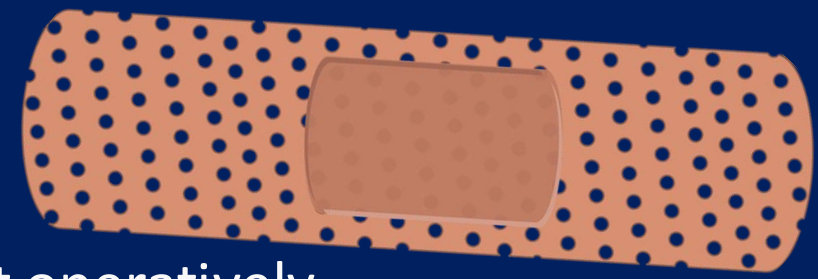


Prescription Medications

- Celebrex 200mg x 30 tablets. Take one tablet daily.
 - ⑩ Replace with Meloxicam 15mg x 30 tablets. Take one tablet daily. (If Sulfa Allergy)
Avoid these if Renal Dysfunction
- Oxycodone 5mg x 42 tablets (Should be taken for breakthrough pain) Take 1 every 4 hours as needed for pain.
 - ⑩ If you still in severe pain (6-10) after 30 min of the first Oxycodone dose; take a 2nd dose of one tablet
 - Do not take additional Oxycodone until at least 4 hours after most recent dose
*****This medication is a controlled substance the number of allowed refills is limited by law*****
- Colace 100mg x 28 tablets (stool softener) Take 1 tablet twice a day while taking narcotic pain medication
- Zofran 4 mg ODT x 6 tablets. Let 1 tablet dissolve under tongue every 8 hours as needed for Nausea
- Gabapentin 100mg x 21 tablets. Take 1 tablet every 8 hours
 - Can cause drowsiness
- Sometimes, Cefadroxil 500mg x 14 tables. Twice per day for 7 days.



Wound care



- Leave dressing in place until your follow up at 2-3 weeks post operatively
- Call clinic if you notice drainage larger than the size of a quarter or pooling under dressing.
 - If you have Home Health, they may change it as needed
- It is OK to shower with your bandage on (it is waterproof) - unless told otherwise by physician.
- Wear compression stockings to prevent swelling and blood clots x 6 weeks.
- If you notice your wound becoming acutely red or draining cloudy fluid, please notify physician.
- Avoid any ointments or lotions on your incision for the first 6 weeks unless specifically instructed to do so by physician.
 - Once the incision is completely healed, lotions with vitamin E, aloe vera, etc. may be used, if desired.
- Use sunscreen over your incision to help prevent hyper-pigmentation (darkening) of the incision.*Only do this once the incision has completely healed*

Activity

- Weight-bearing as tolerated. You can put weight on your leg as tolerated unless told otherwise.
 - Household walking is encouraged multiple times throughout the day.
- Use an assistive device (walker or crutches) until cleared by physical therapy or by physician.
- Do NOT drive while taking pain medication.
- Do NOT drive until cleared by your physical therapist or physician.
 - This is typically longer for right knee replacements due to motion and muscle control.



Exercise 1

- **Incentive Spirometer** – 10x/hour while you are awake
 - Exhale and then place your mouth around the mouthpiece. Inhale slowly and deeply. The flow marker will rise. Try to get it as high as possible. Hold for 1 second
- **Ankle pumps** – 10x/hour while you are awake
 - Bend your foot up and down at your ankle joint
- **Heel Slides** – 3x/day x 10 repetitions (hold ~2 sec)
 - While in a seated position place your foot on top of a small towel. Then, slowly slide your foot closer towards you.



Exercise 2

- **Extension Stretches** – Hold 5-10 min – 3x/day
 - While seated, prop your foot up on another chair and allow gravity to stretch your knee to a more straightened position. You can tighten your top thigh muscle to press the back of your knee downward towards the ground for an extra stretch
- **Straight Leg Raise** – 3x/day x 10 repetitions (hold ~2 sec) - may be difficult to lift foot completely off the surface at first – this is OK
 - While lying on your back, raise up your leg keeping your straight knee.
 - May be difficult to lift foot completely from the surface at first – this is OK. Keep trying



Ice and Heat



- It is helpful for pain and swelling to Ice your knee after surgery and after performing exercise.
- Ice knee with towel (or other protective layer) over skin.
 - At least 3-4x/day for 15-30 min or as needed.
 - Early in the post operative period, more frequent application of Ice is recommended.
 - Every 2-4 hours
- Heat is NOT recommended in the early post operative period.
 - Heat may eventually be recommended when you start formal physical therapy or after your first post operative visit, if instructed by Dr. Burrow.
- Heat balms such as "Icy Hot" should NOT be used in the early post operative period.
 - **Ice Machines are OPTIONAL and can be purchased from the brace shop (POD 3)*
Insurance does not cover these*

What Can You Expect After Surgery?

Immediately After Surgery (Hospital Stay or Outpatient)

- Pain and swelling in the operated leg
- **Medications** for pain and blood clot prevention
- **A bandage and dressing** on the knee
- **A physical therapist** will help you:
 - Start basic exercise within 24 hours
 - Begin walking with a walker
- **Length of stay:** Typically, 1 night
 - Some patients go home same day
 - Some patients require longer hospital stay



What Can You Expect After Surgery?



At Home: First Few Weeks

- Use a walker and transition to a cane
- We will try to get home health physical therapy to visit you at your house
- Pain (managed with medications and ice)
- Bruising and Swelling that improves slowly over weeks
- Daily home exercises with physical therapy and use of MyMobility App
- Help with daily tasks (cooking, bathing, etc.) for the first 1–2 weeks
- **Activity Goals:**
 - Walk short distances several times a day
 - Gradually climb stairs

What Can You Expect After Surgery?

Mid-Term Recovery: 6 Weeks – 3 Months

- Improved walking ability (less use of walker or cane)
- Starting to return to **daily activities**
- Light household tasks and driving
 - Usually by 4–6 weeks
- Some **stiffness, swelling, and fatigue** are normal, especially after activity



What Can You Expect After Surgery?

Full Recovery: 3 – 12 Months

- Most people return to **normal activities** by 3 months
- You'll keep improving in strength, balance, and comfort
- Final recovery may take up to 1 year
- Most patients return to:
 - Walking, swimming, biking
 - Low-impact sports
- Running or high-impact activities are **not recommended**

God Bless your recovery!

I have already prayed for you during your surgery and will continue to do so.

ZPB

