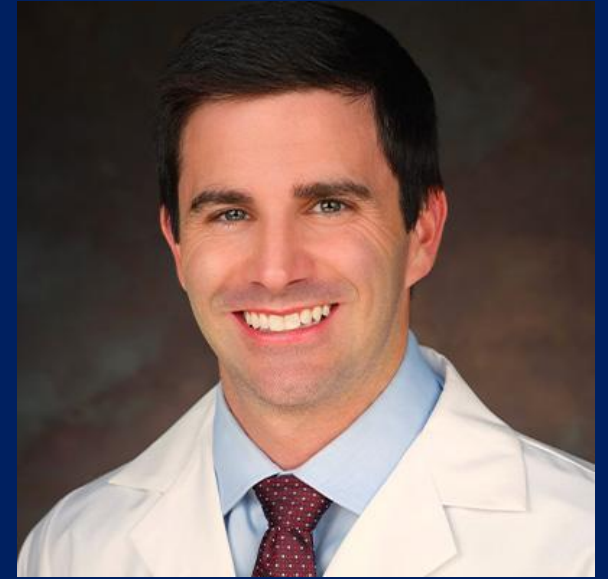


Dr. Burrow's General Knee Replacement Information



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/>

Video - [Total Knee Replacement Animation - OrthoInfo - AAOS](#)

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

Timeline for Surgery 1

- 1. Initial visit:** This visit will occur in clinic
 - Discuss treatment options & decide if surgery is an option
- 2. Clearance appointments:** Depending on medical history, pre-operative medical clearance from your primary care physician, cardiologist, or other specialist may be needed
- 3. Scheduling Surgery:** Dr. Burrow's scheduler will call you
 - She will also help get insurance approval
- 4. Joint Camp:** Download the MyMobility Patient App on your smart phone or tablet for perioperative instructions
 - This will give you daily exercise to perform
 - There is an area to message our team
 - It is not monitored. **Please Call 918-927-3258 for any questions**



Timeline for Surgery 2

5. Pre-Operative Appointment: Final visit before surgery

- Discuss plan, ask questions, and address any concerns
- Bring list of medications: BLOOD THINNERS & RHEUMATOLOGY MEDICATIONS
- Hospital Appointment: meet with anesthesia team and obtain labs

6. Prepare Home for Your Return After Surgery:

- See "Things to Do Before Surgery Slide"
- It is important somebody available for assistance when you return home

7. Pre-Operative Exercise: See Exercise List on Next Slide

8. Day Before Surgery:

- The hospital will call you to let you know what time to arrive



Pre-Operative Knee Exercises

- **Straight Leg Raise** – 2x/day x 10 repetitions (hold ~2 sec)
 - 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
- **Hamstring Stretch** – 2x/day x 3 repetitions (hold ~30 sec)
 - While seated, rest your heel on the floor with your knee straight. Gently lean forward until a stretch is felt behind your knee and thigh. Maintain a straight spine
- **Heel Slide** – 2x/day x 10 repetitions (hold ~2 sec)
 - While lying on your back, slide affected knee toward buttock and hold for 2 seconds. Return your leg to the original position



Things to Do Before Surgery 1



- **Dental work:**

- visit your dentist for routine care at least 4 weeks prior to surgery if not seen in the last year.
- Avoid routine dental work for 3 months after surgery
 - After surgery, you will need to take an antibiotic prior to any dental work

- **Equipment**

- Front wheeled walker and incentive spirometer – provided by the hospital
- Ice Machine (optional) - available at AOOK in the brace shop

- **Optimize your home before surgery**

- Prepare meals, Purchase shoes with non-skid soles, Purchase night light, Arrange for pet care, Remove all throw rugs and other tripping hazards, Put clean sheets on your bed the day before surgery

Things to Do Before Surgery 2

- Pick up over the counter medication.
 - Extra strength Tylenol (500mg)
 - Aspirin 81mg **unless you already on another blood thinner prior to surgery**
- **Pre-Surgical Bathing**
 - Shower 3 times with Hibiclens soap you received at your pre-op appointment
 - 2 times the day before surgery and 1 time the morning of surgery
 - With the Hibiclens and washcloth wash from your neck to your toes
 - Place special emphasis on your planned surgery site
 - Let soap sit on your skin for 60 seconds
 - Dry off with clean towel
 - **Wash hair, face, and genitals with your regular soap**
- **Place clean sheets on your bed the day before surgery**
- **Do NOT shave**
 - Any part of your body 24 hours before surgery
 - Surgical site 48-72 hours before surgery.



******Avoid any scrapes, cuts, bites, scratches, etc on the operative area******

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



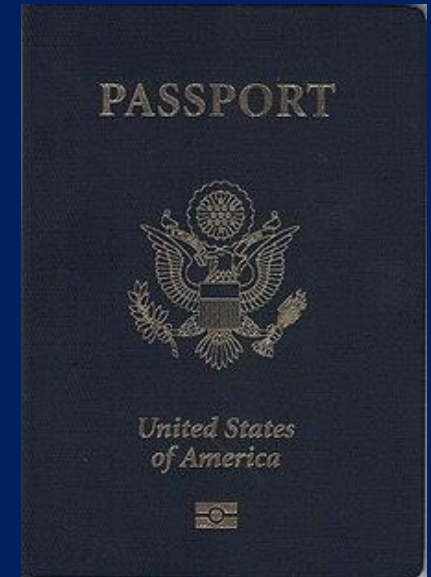
Day of Surgery Instructions 1

1. Do NOT eat or drink anything after midnight the night before surgery unless instructed to by your anesthesiologist
2. Have a friend or family member available to take you to the hospital on the day of surgery and pick you up the day after surgery.
3. Leave all valuables at home including jewelry.
4. Wear clothes that are loose, comfortable & easily changed.
 1. If you wear contact lenses or dentures, please bring a container in which to put them.
6. Do not wear eye makeup.



Day of Surgery Instructions 2

1. Bring all medications that you take and medication allergies.
2. If you have **diabetes**, please **check your blood sugar** the morning of surgery and bring your glucometer and insulin with you
3. If you have asthma, please bring your inhaler with you.
4. DO NOT take any **Aspirin or Aspirin based products** one week prior to surgery unless instructed by physician
 - Examples: Advil, Anacin, Motrin, Aleve, Naprosyn, Ibuprofen, Ecotrin
5. Stop vitamins and supplements 1 week prior to surgery.
6. Bring photo ID and Insurance card(s) the day of surgery for the business office.



Day of Surgery Instructions 3

- Do NOT wear jewelry or contact lenses on the day of surgery
- Do NOT use hairspray, hair product, lotion, powder, makeup, perfume, cologne on the day of surgery
- Do NOT bring jewelry or other valuables that can get misplaced.
- **Bring: CPAP machine if you use at home.**
- Arrange Transportation to/from hospital and to post operative appointments (avoid low sports cars)

God Bless your recovery!

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

