



Dr. Singer's Important Reminders Regarding KNEE Replacement Surgery

You will receive a call from your surgical facility the day before surgery to inform you of your arrival time.

Please remember to bring your walker and surgery folder to the hospital or surgery center on the day of your procedure.

Attending all scheduled pre-testing, cardiac, and/or family doctor appointments before surgery is essential; missing these appointments may result in your surgery being postponed.

Discontinue all vitamins, minerals, and herbal supplements 10 days before your surgery unless otherwise directed. If you have questions about what medications or supplements you can take the night before or the morning of surgery, contact your surgical facility.

Home-Health will come to your house following surgery to perform routine dressing changes and in-home physical therapy. After your first post-op appointment, you will be transitioned to outpatient physical therapy. Attending therapy is a vital part of your surgical recovery.

After surgery, you will receive several medications, including an anti-inflammatory, stool softener, anti-nausea medication, antibiotics, and pain relievers.

DVT prevention is important following surgery. Typically, 81 mg aspirin will be prescribed twice daily for 4 weeks after surgery. If you are currently taking anticoagulants such as Coumadin, Xarelto, or Plavix, inform your provider to ensure proper medication management before and after surgery.

Walking is highly encouraged after surgery to aid muscle recovery and prevent blood clots. While we encourage you to be up and walking, it is also important to rest, ice, and elevate your knee above heart level to control swelling.

Regularly **apply ice** to manage swelling and discomfort. Expect some bruising and swelling for several weeks following surgery. Do not be alarmed if bruising extends down your leg to your toes, as gravity moves it to the most dependent position. Bruising is common after surgery and will continue to diminish/improve.

When discharged after surgery, your incision will have a sterile dressing. This dressing should remain on until your first post-operative appointment. At this time, you will start the Collagen application dispensed in office. Please refer to the educational videos located on our website UOC.com for instructions. Keep your incision dry and covered until your post-operative appointment. Avoid getting your operative knee wet and monitor for signs of infection near the incision. Redness, increased swelling or pain, drainage, or a temperature greater than 101 degrees may indicate an infection.

Driving a vehicle is not recommended until you are cleared by your physician.

To prevent infection after any major joint replacement, use an oral antibiotic before and after dental procedures. If you have an upcoming dental appointment, contact our office to have an antibiotic sent to your preferred pharmacy. It is recommended to postpone any dental procedures until at least 6 weeks after surgery.

Thank You, Dr. Singer