DR. PORT’S IMPORTANT REMINDERS REGARDING YOUR KNEE REPLACEMENT

Please be sure to bring your walker as well as your surgery folder with you to the hospital on the day of your surgery. You will receive a call from the hospital the day before your surgery to let you know what time you are to report for surgery. It is important to attend any pre-testing, cardiac, or family doctor appointments that are scheduled for you prior to surgery; failure to do so could result in your surgery being postponed.

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.

Please discontinue vitamins, minerals, and herbs 10 days prior to surgery. If you have any questions regarding what regularly prescribed medications you can take the day before or the morning of surgery, please contact the facility where you are having surgery.

There will be several medications prescribed for you to take **AFTER** surgery. You will be given an antibiotic, nausea control medication, stool-softener, and something for pain control after surgery.

DVT prevention is important following surgery. Typically, 81 mg aspirin will be prescribed to be taken twice a day for 4 weeks following surgery. If you are already on other anticoagulants such as Coumadin, Xarelto, or Plavix, please inform your provider so appropriate measures are taken to manage the medication pre/post-operatively. You will also be given compression stockings at the hospital; please continue to wear these until your first post-op appointment. You may remove the stockings for laundering and hygiene purposes after surgery. Compression stockings are used to help prevent blood clots/control post-operative swelling.

Walking is encouraged after your surgery; walking is important for muscle recovery and helps 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.

Expect some bruising for several weeks following surgery. Do not be alarmed if there is bruising in your thigh area or down your leg into your toes. Bruising is common after surgery and will continue to diminish/improve. Applying ice to the bruised area can help alleviate some of the discomfort.

Actively watch for signs of infection near your incision. Redness, increased swelling/pain, drainage, and a temperature greater than 101 degrees are several indications of a potential infection. Please keep your incision clean, dry, and covered until you are seen in the office for your first post-op appointment.

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

Antibiotics before/after dental work are recommended for at least 2 years following surgery to prevent infection. If you have an upcoming dental appointment, simply call the office and we will send an antibiotic to your pharmacy. It is recommended that you postpone any dental procedures until at least 3 months after your surgery, unless it is a dental emergency.

Do not hesitate to call the office if you have any questions or concerns before/after surgery.