

Michael S. Bogard, DO

ORTHOPAEDIC SURGEON

— Sports Medicine Specialist —

POSTOPERATIVE INSTRUCTIONS Total Knee Arthroplasty

** Please note that the instructions provided below are general guidelines to be followed; however, any written or verbal instructions provided by Dr. Bogard or his staff supersede the instructions below and should be followed.

PLEASE READ THESE INSTRUCTIONS COMPLETELY AND ASK FOR CLARIFICATION IF NECESSARY - DIRECT QUESTIONS TO YOUR NURSE BEFORE LEAVING THE SURGERY CENTER OR VIA PHONE/EMAIL TO DR. BOGARD'S STAFF AFTER ARRIVING HOME

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing - keep in place, Dr. Bogard and staff will remove at first post operative visit.
- It is normal for the incision site to have a small amount of bleeding that may be visible through the dressing. Call the office if the bleeding persists and the dressing becomes completely saturated
- To avoid infection, keep surgical incisions clean and dry – you may shower with the dressing in place, pat to dry.
- You may begin to shower immediately.
 - DO NOT place wounds under water (in bath or pool) until instructed by Dr. Bogard's office.

MEDICATIONS

- Local anesthetics are injected into the incisions and knee joint at the time of surgery. This will wear off within 8-12 hours and it is common for patients to encounter more pain on the 1st or 2nd day after surgery when swelling peaks.
- Most patients will require some narcotic/opioid pain medication for a short period of time – this can be taken as per directions on the prescription.
- Common side effects of the pain medication are: nausea, drowsiness, and constipation. To decrease the side effects, take the medication with food. If constipation occurs, consider taking an over the counter laxative.
 - If you are having problems with nausea and vomiting, contact the office.
 - DO NOT drive a car or operate machinery while taking narcotic medication.
- If you are having pain that is not being controlled by the pain medication prescribed, you may take an over the counter anti-inflammatory medication such as ibuprofen or naproxen in between doses of pain medication. This will help to decrease pain and the amount of narcotic medication required.
 - Please take as directed on the bottle.
- Take EITHER your home medication blood thinner OR 81mg Aspirin twice daily for 6 weeks following surgery to lower the risk of developing a blood clot after surgery. Please contact the office should severe calf pain occur or significant swelling of the calf or ankle.

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- Dr. Bogard and his staff will direct you on when to resume your home blood thinning medication if that is prescribed

ACTIVITY

- Use your front wheel walker to assist with walking – you are able to bear as much weight as tolerated on operative leg unless otherwise instructed.
 - You will continue to use walker until seen by Dr. Bogard at initial post operative visit
 - It is advised you have some assisted device (walker, cane, etc) for the first 6 weeks to protect yourself from falling
- Avoid long periods of sitting (without leg elevated) or long distance traveling for the first 2 weeks following surgery.
 - DO NOT drive until instructed by Dr. Bogard.
 - May return to sedentary work ONLY 1-2 weeks after surgery, if pain is tolerable.
- Full knee extension (straight leg) is the most important range of motion to achieve/maintain immediately after surgery.
 - When resting, place a pillow under your HEEL, not behind your knee. This will facilitate full extension

ICE THERAPY

- Icing is very important in the initial postoperative period and should begin immediately after surgery.
- Use ice packs for 40 minutes every 2 hours daily until your first postoperative visit – remember to keep leg elevated to level of your chest while icing. Care should be taken with icing to avoid frostbite to the skin.
- If you have opted for the BREG Polar Care Wave cold/compression therapy unit, please follow the directions as directed.
 - More information with instructional video can be found at:
<https://www.breg.com/products/cold-therapy/devices/polar-care-wave/>

EXERCISE

- Begin exercises 24 hours after surgery (straight leg raises, quad sets, heel slides, and ankle pumps) unless otherwise instructed.
- Discomfort and stiffness is normal for a few days following surgery.
- Complete exercises 3-4 times daily until your 1st post-operative visit – your progress will be monitored by the home therapist
- Perform ankle pumps continuously throughout the day to reduce the risk of developing a blood clot in your calf.
- Formal physical therapy (PT), first begins with a home therapist followed by outpatient PT. A prescription and protocol for outpatient PT will be provided at your 1st post-op visit.

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****EMERGENCIES****

- Contact Dr. Bogard's office at **858-703-1000** if any of the following are present:
 - Painful swelling or numbness (note that some swelling and numbness is normal)
 - Unrelenting pain
 - Fever (over 101° - it is normal to have a low-grade fever or chills for the 1st day or 2 following surgery)
 - Redness around incisions
 - Color change in foot or ankle
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting
 - Calf pain
- If you have an emergency after office hours or on the weekend, contact the office at **858-703-1000** and you will be connected to our pager service.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our scheduler at **858-703-1000** to schedule.
- Typically the 1st post-operative appointment following surgery is 10-14 days following surgery
- Your 1st post-operative appointment will be scheduled with Dr. Bogard, he will do a wound check, go over therapy protocols and answer any questions you may have about the procedure.
- If you have any further questions please contact **858-703-1000**.
 - Non-urgent questions after hours or on the weekends can be best sent via email to: **info@bogardortho.com**