



Robert S. Williams, MD
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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

Post Op Total Knee Replacement Care

- If you experience nausea or vomiting due to certain anesthetics or pain medications, please contact our office for assistance while at home.
- Upon your hospital discharge, an e-prescription for pain medication will be sent to your designated pharmacy. Use this medication as needed.
- You will take aspirin twice daily for one month following your surgery for DVT prophylaxis, unless you are already on a blood thinner prescribed by your cardiologist, which you will just resume.
- Swelling and bruising of the operative leg are normal occurrences. The blood thinner can make bruising appear more pronounced. Both swelling and bruising will gradually improve as you increase your mobility and walk.
- Your surgical incision is covered with Prineo, a specialized wound dressing resembling tape. Keep the Prineo in place until your follow-up appointment; no additional wound care is necessary. It's water-resistant, so you can shower, but avoid submerging it, as in a bath.
- Attending outpatient PT is crucial for the best recovery outcome. Typically, you'll begin therapy within the first 2 weeks post-op, depending on your insurance. Follow the at-home exercises recommended by the physical therapist from the hospital.
- While at home, perform heel props and drop & dangle exercises as tolerated to work on range of motion.
- Contact your physician if you experience:
 - A. Temperature over 101.5 degrees or severe chills.
 - B. Severe pain that isn't alleviated by prescribed medications.
 - C. Paleness or coldness of operative extremity as compared to other.
- For symptomatic relief, apply ice to the surgical site for 20 minutes every hour, as needed.
- Expect a call from our staff on Monday to check on your progress and address any questions you may have.
- A walker will be provided if you don't already have one.
- Additional instructions: When taking pain medication, ensure you drink plenty of water and take fiber to prevent constipation.
- Keep your post-operative appointment at Coastal Orthopedics.

Questions/concerns? Call our office staff - (361) 994-1166.