

HOME GOING INSTRUCTIONS: **TOTAL KNEE REPLACEMENT**

- Please continue to use your crutches/walker until your physical therapist advances you to cane.
- Unless otherwise instructed, you will be allowed to put ALL of your weight on your operative leg.
- Continue doing the exercises you have been taught in physical therapy 3 times a day. It is very important for you recovery as it takes over a year for your muscles to become strong.
- Elevate both legs while sitting.
- Expect some swelling in your operative leg, ankle and foot after surgery. This may remain swollen for several months after surgery.
- Incision Instructions: You will be given instructions for incision care when you are discharged from the hospital. You will be allowed to shower upon discharge from the hospital. DO NOT submerge your incision in water for 4-6 weeks until the incision is completely healed.
- Call your doctor's office if there are any changes in the way your incision looks, such as drainage, redness, or any changes that you may question.
- You may start driving after one month for a RIGHT knee replacement or 2 weeks for a LEFT knee replacement. Given you are not taking pain medications.
- Your first post op appointment will be approximately 1 month after your surgery. If you have any concerns prior to this appointment, do not hesitate to call the clinic.
- Intercourse may be resumed 2 weeks after surgery, observing dislocation precautions.
- When riding in a car, please stop 45-60 minutes and get out of the car and walk. Also, do ankle pumps in the car while riding.
- Keep ice on your knee as much as you can. Some people find it helpful to use frozen rice.