



KNEE REPLACEMENT DISCHARGE INSTRUCTIONS

Dr. Jonathan Scott Quinby
Office 469-929-0615
6435 S. FM549, Suite 100, Rockwall, TX 75032

RETURN APPOINTMENT: Call to schedule appointment for the week after surgery.

DRESSING: Keep the dressing in place until the next office visit. If water gets under the dressing, remove the dressing and replace it with a dressing from your local pharmacy.

BATHING: You may shower the day after surgery. Do not soak the dressing in water.

ACTIVITY:

- **ELEVATE** the knee above the level of the heart as often as possible.
- **ICE** as often as possible (many times per day). ****THIS IS VERY IMPORTANT****
- **WALK** at least every 2 hours and do ankle pumps, as instructed by the therapist, as often as possible. Signs of a blood clot (DVT) include increasing swelling to the lower leg and pain in the calf. Please notify our office if during office hours or go to the nearest ER immediately.
- **DO NOT DRIVE** until no longer taking prescription pain medication and cleared by Dr. Quinby.

BLOOD CLOT PREVENTION:

- Take a baby aspirin every day for four weeks **OR** resume your regular blood thinner as prescribed.

PHYSICAL THERAPY:

****This is THE most important part of having a good result after your surgery.****

Begin formal physical therapy one-four days after surgery. As instructed by the physical therapist in the hospital, perform home exercises every day that you are not working with the physical therapist.

PAIN MEDICATIONS:

- If you are **NOT** on blood-thinners, you **MAY** take ibuprofen (Advil®, Motrin®), naprosyn/naproxen (Aleve®), or any other prescription “anti-inflammatories.”
- **One half a tablet to two tablets** of your prescribed pain medication (oxycodone, hydrocodone, hydromorphone) may be taken every 4-6 hours as needed for pain. **Do NOT take more than a total of 12 tablets per day** [i.e., more than 4000mg of acetaminophen (Tylenol®, APAP)].
- Nausea is very common with these types of narcotic medications and can occur with all varieties of pain medications. It is not an “allergy”. Taking the medication with some food is best.
- **DO NOT** take Tylenol® in addition to the narcotic pain medication or drink alcohol while taking any Tylenol®-containing product such as cold/flu over-the-counter remedies. **You MAY substitute a dose of regular Tylenol® for a dose of the prescribed pain medication but do not take both at the same time.**
- Pain is typically at its worst 2-3 days after surgery.

PROBLEMS TO REPORT:

- Fever greater than 101.5°F.
- Incision becomes very red, progressively swollen, or persistently draining.