6000 Arbor Bluff Parkway
Madison, WI 53719
(608) 555-0130
arborbluffhealth.example

Arbor Bluff Medical Center

After Your Knee Replacement

Patient: Raymond C. Ostrander, date of birth 05/30/1953

Surgery: November 8, 2022. **Went home:** November 9, 2022.

Surgeon: Evan Rasmusson, MD, Arbor Bluff Orthopedics, (608) 555-0109

Operation: Total replacement of the right knee, for osteoarthritis. Spinal anesthetic. No complications.

Allergies: Penicillin (hives). Sulfa antibiotics (rash and fever). Adhesive tape blisters the skin; paper tape was used.

Other conditions: Type 2 diabetes. High blood pressure. Coronary stent, 2019. Enlarged prostate.

What is in this packet

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Please bring the whole packet to your first therapy visit and to your two-week visit.

The first two days at home

- Use the walker every time you stand, including at night.
- Ice the knee for 20 minutes of every hour while you are awake.
- Check your blood sugar morning and evening for two weeks. Surgery raises it. Call your own doctor if it is over 250 twice in a row.

Your medicines

Medicine	How to take it	Until
Aspirin 81 mg	One tablet twice a day, to prevent blood clots	December 20, 2022; then once a day as before
Oxycodone 5 mg	One tablet every 6 hours only if needed for pain. 20 tablets, no refill	Stop as soon as you can
Acetaminophen 500 mg	Two tablets three times a day	Four weeks
Senna with docusate	One tablet twice a day while taking oxycodone	With the oxycodone
Metformin 1000 mg	One tablet twice a day with meals. Start again with supper on November 9	Continue
Lisinopril 20 mg	One tablet in the morning	Continue
Atorvastatin 40 mg	One tablet at bedtime	Continue
Metoprolol succinate ER 25 mg	One tablet in the morning	Continue
Tamsulosin 0.4 mg	One capsule at bedtime	Continue

Do not take ibuprofen, naproxen or other anti-inflammatory medicines while you are on aspirin twice a day.

Do not drive, drink alcohol or sign anything important while you are taking oxycodone. Take unused tablets to a pharmacy drop box.

Antibiotics before dental work. For two years after a joint replacement, take one dose of an antibiotic an hour before any dental work, including cleanings. Because you are allergic to penicillin, yours is clindamycin 600 mg. Ask your dentist or our office for the prescription.

Your incision

- The incision is closed with 28 staples under a waterproof dressing. Leave the dressing on for 7 days. You may shower with it on. Do not soak in a bath, a hot tub or the lake until we tell you.
- After 7 days take the dressing off and leave the incision open to the air, or cover it with gauze held with paper tape.
- Some bruising down to the ankle, and warmth and swelling of the knee, are usual for several weeks.

Call us at (608) 555-0109, day or night, if

- your temperature is over 101.0 degrees;
- the incision opens, drains more than a spot or two, or the redness around it spreads;
- the pain is suddenly much worse and medicine does not help;
- you cannot put weight on the leg when you could the day before.

Go to the emergency room or call 911 if

- your calf is painful, hard or much more swollen than the other;
- you are short of breath or have pain in your chest;
- you faint.

These can be signs of a blood clot. Tell whoever sees you that you have a coronary stent and take aspirin.

Walking, exercise and driving

When	What
Weeks 1 and 2	Walker. Walk a little every hour. Stairs one at a time: up with the good leg, down with the new one
Weeks 3 to 6	Cane in the left hand. Walks of 10 to 20 minutes, twice a day
After week 6	No cane indoors if you do not limp. Stationary bicycle
After week 12	Golf, fishing from a boat, easy hiking. No running or jumping, ever

Exercises, three times a day, ten of each: ankle pumps; tightening the thigh with the knee straight;
sliding the heel toward you; straightening the knee over a rolled towel; sitting and bending the knee back under the chair. Your therapist will add to these.

Goals: the knee straight (0 degrees) by week 2; bending to 90 degrees by week 2 and to 120 degrees by
week 12.

Driving: not until you are off oxycodone, can bend the knee to 90 degrees and your surgeon has said
yes. For a right knee this is usually 6 to 8 weeks.

Kneeling on the new knee will not harm it but may never be comfortable.

Your appointments

When	With	For
November 14, 2022, 9:30 a.m.	Megan Dahlke, PT, Arbor Bluff Rehabilitation	First of 24 therapy visits, twice a week
November 22, 2022, 1:00 p.m.	Orthopedics, physician assistant	Staples out, wound check
December 20, 2022, 10:15 a.m.	Dr. Rasmusson	Six-week visit, with an X-ray
February 14, 2023, 10:15 a.m.	Dr. Rasmusson	Three-month visit

Please also see Dr. Raghavan within two weeks about your blood sugar, and tell Dr. Valdivia's office that the surgery is done.

Before you leave the hospital

You have walked 150 feet with the walker	Yes
You have climbed four steps with the therapist	Yes
Your pain is controlled with tablets	Yes
You and your wife have been shown how to change the dressing	Yes
You have your implant card (see page 4)	Yes

Discharge nurse: T. Okafor, RN. Reviewed with the patient and his wife on November 9, 2022, at 10:50 a.m.