

After Partial knee replacement

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Now that your surgery is over, it's time to start healing! It is common to come home feeling great, and then have your knee feel worse the day following the procedure as the anesthetic medications begin to wear off. Take it easy the first day. Relax on the couch or in bed lying back with your knee up and elevated with a pillow under the ankle (not Knee) for most of the time. No lounge chairs unless knee is straightened with pillow under the ankle. Keeping FULL EXTENSION is key. Take the outer dressings off the day after surgery. Leave the plastic honeycomb dressing on and keep the area DRY for 2 weeks.

Movement:

Movement is good for your knee no matter what was done. Starting the day of surgery, begin working on gently bending and straightening your knee throughout the day – you can't do this too much. Use a towel wrapped over your foot to help pull it up to bend if needed. Try to push your knee down into the bed and straighten.

Exercises: The large thigh muscle will shrink in size and strength quite rapidly unless you exercise it. An easy exercise is called "isometric exercises."

These are done as follows:

Straighten your knee as straight as possible and tighten your thigh muscle as hard as you can. You will notice that your kneecap will move towards your body. Hold the muscle clenched tight for five seconds, and then relax.

Repeat this exercise 10 times every hour or so while awake. You should try to do at least 100 of these per day to keep the tone and strength in the muscle. Start bending your knee a few hours after surgery and increase the bending until full motion has returned.

You have an amazing Oxford Mobile Bearing Partial Knee! You are encouraged to go to the gym, ride a bike (stationary at first), go for walks and slowly get back to your usual activities as soon as you can tolerate them AFTER the first 7-14 days.

Medications:

Aspirin: I typically suggest 81mg of aspirin twice a day for the first 14 days to decrease the risk of blood clots unless you already take a blood thinner or have bleeding issues. These complications are extremely rare, but important to take care of quickly if they do occur.

Symptoms to watch for are worsening calf pain, or leg swelling that seems unrelated to the swelling from the surgery. Let me know right away about this. I'll send you for a simple painless ultrasound of the leg to check.

Ibuprofen/Naproxen/meloxicam: These medicines help with pain and inflammation. It works in your knee. I typically will suggest 200-400mg ibuprofen three times a day unless it bothers your stomach, or you have kidney issues. You may also take meloxicam or naproxen instead. This will help reduce swelling, inflammation and pain.

Vicodin / Percocet: A strong narcotic. This does nothing for your knee but tells your brain you don't have pain. You are not required to take this but may use it as needed. If it is not working, call me right away. You will not get addicted to a medication if taken for the right reasons. **Do not drive or drink alcohol while taking prescribed pain medication.** Taking pain medication regularly may cause constipation. To avoid constipation, drink plenty of fluids and eat high fiber foods.

Bruising and numbness

Bruising down your leg and around your knee and even eventually to down to your toes after time is normal. This may show up days after surgery and change color and size. **There will be a numb area from the knee incision.** Sensation usually returns after several months, but sometimes it stays numb. All of this is normal.

Icing

Ice your knee for about 20 minutes on, then give it a break for another 20-30 minutes. You can do this throughout the day to help keep the swelling to a minimum. Never put ice directly on your skin – it can give you frostbite. This is especially true if you have an 'ice machine' as they get extremely cold.

The ICE Machine that you receive from the outpatient surgery center is the best and can also be purchased online for about \$200. For example,

(<https://www.sourceortho.net/iceman-classic-cold-therapy-unit/>) There is also a “clear unit available. You may also borrow one or rent one from a local supplier. If you use an ice machine, keep the temperature at 42 degrees or above. The newer units automatically adjust the temperature. Make sure you check with me before purchasing as some do not control temperature and can be dangerous to the skin.

Always keep a layer of material between you and the cold pad.

Dressing:

It is best to keep the clear honeycomb dressing on and clean and dry until follow-up in 12-16 days. Dressing should be kept on and make sure the incision site is kept clean and dry. If you see **wet red blood** through the dressing, call us and come in for new clean dressing. DO NOT try to redress incision yourself. Triple antibiotic ointment is BAD, Coban is BAD, and other things are not appropriate. If your dressing comes off early or gets dirty, come in to clinic and we will replace it. If it gets soaking wet, take it off immediately and call us immediately.

We still like for you to wait a few days before showering just in case the incision accidentally gets wet despite our efforts. (e.g., small hole in plastic)

Any wet blood or fluid collecting under the dressing more than just a few drops is BAD. Please call and come in to the office immediately if this occurs.

Showering

You may shower, as long as we have placed the new plastic covering, and you put something over that. Make sure whatever you cover it with does not accidentally remove your very important honeycomb dressing. I still recommend waiting at least 4-6 days before showering. No hot tubs, spas, bathtubs, or time in the pool until the wounds are completely healed – usually by week 3.

Physical therapy

For many of you, physical therapy is a part of the recovery plan. Be sure this is set up with my assistants. We will set this up close to your home or work with someone that I trust. Your therapy should never cause unbearable pain and if it seems therapy is pushing you too much please call me.

If you have general questions about the immediate recovery after your repair, you can contact me by calling the office and asking for my assistant. One of the physicians will be taking call over the weekends and at night. If you're not comfortable with their suggestions or for any pressing issues you may call my Cell at 928 300-3653. Call any time for any serious concerns.

You may also come in any time that I'm in the office to any issues or concerns. Please just call ahead so our office will be ready for you. 928 778-9250