

After Total Knee Replacement

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Congratulations on your Medacta Kinematic knee that was placed with personalized 3D navigation! 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 flat bed (NOT a RECLINER!) lying back with your knee up and elevated with a pillow under the ankle (not Knee) for most of the time. No RECLINERS unless knee is straightened with a few pillows under the ankle. Keeping FULL EXTENSION is main goal throughout, NOT flexion. Take the outer dressings off the day after surgery. Leave the plastic honeycomb dressing on and keep it 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 – do not bend past 90-100 degrees unless guided by PT. 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 5-10 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 gently increase the bending. Do NOT

force bending past 90-100 until after I see you 2 weeks after surgery. (A rare few have been too aggressive and popped their deep muscle/tendon reattachment. Swelling combined with aggressive bending can POP/tear the deep repair open beneath the skin. Surgery is required to repair this!)

You have an amazing kinematically aligned medial pivot knee! You are encouraged to gradually get back to your usual activities as soon as you can tolerate them AFTER the first 7-14 days. Nothing too heavy or aggressive for 1st 4 weeks...some have played Pickle Ball before 2 wks and gotten away with it.

Medications: Aspirin: I typically suggest 81mg of aspirin 1-2x 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, especially with quickly returning to activities. If you do notice 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/Celecoxib: These medicines help with pain and inflammation. It works in your knee. I typically will suggest 200mg celecoxib **1-2 times a day** unless it bothers your stomach, or you have kidney issues. You may also take meloxicam, ibuprofen, or naproxen instead. Celecoxib is best to help reduce swelling, inflammation and pain without increasing bleeding/bruising unlike ibuprofen and naproxen that increase bleeding. You may take these 2x/day to help avoid narcotic use.

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 severe pain only. *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.

Better yet, the **ICE Machine** that you receive from the outpatient surgery center is the best thing you can use for your knee pain and swelling, and can also be purchased online for about \$250. If you'd really like, we can obtain an ICE + COMPRESSION unit for you. Just ask. 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/SkinCare: 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** put anything on the 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 contact us immediately.

We still like for you to wait several days before showering just in case the incision accidentally gets wet despite our efforts. (e.g., small hole in plastic). Additionally, your skin and leg are very much more susceptible to skin infections that may cause your knee to get infected...very bad. Do not do any hiking, gardening or other risky behaviors without adequately protecting the skin for at least 3 months after surgery. **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 honeycomb plastic covering, **and you put something over that.** Make sure you do not accidentally remove your very important honeycomb dressing. I recommend waiting at least 5-7 days before showering even with it covered. No hot tubs, spas, bathtubs, or time in the pool until the wounds are completely healed and OK'd by me.

Physical therapy and Home Health PT and HH are key parts 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 TEXT my Cell at 928 300-3653. Call/Text during normal waking hours for any concerns. If you feel you have an emergency in the middle of the night please go to the Emergency Room (very very rare)

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