

## **Discharge Instructions for Total Knee Replacement**

- 1) Keep leg elevated as much as possible.
- 2) Use TED stockings for 3 weeks after surgery.
- 3) Use walker/crutches to ambulate
- 4) Take 325 mg aspirin (enteric coated) twice daily for 1 month. Start this on the day after your surgery. If taking aspirin on daily basis, resume normal aspirin dose after 1 month.
- 5) Aim for range of motion to 100 degrees at time of follow-up appointment.
- 6) Reinforce dressing as needed. It is not uncommon to have a little discharge from the incision in the few days following surgery.
- 7) Continue to use CryoCuff for pain and swelling. The hose points toward your head. The top strap should be snug, bottom strap should be loose.
- 8) NSAID (ibuprofen or Aleve) can be used in addition to narcotic pain medication. Do not take any additional medication that includes Tylenol
- 9) Don't get the incision wet until after the first post operative office visit (10-14 days).

Any other questions, please contact our office (503-238-1062)