



Total Knee Arthroplasty Instruction: Excel

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ACTIVITY:

- Leave the knee immobilizer intact until further instruction.
- IF YOU DID NOT HAVE A BLOCK, you can weight bear on operative extremity with assistance only.
- Elevate your knee as directed by your physician.
- Refer to your physical therapy regimen instructed to you by your physical therapist.

WOUND CARE:

- Keep your dressing dry and intact until changed by your caregiver.

ICE:

- Apply ice to operative site for 30 minutes every 4 hours.

MEDICATIONS:

- Take your prescribed post-operative medications as directed. Do not let your pain become severe.
- Resume your preoperative medications per your physician. Refer to your medication list given to you at discharge.
- If you had a block, be sure to start your oral pain medication before the bloc begins to wear off.
- *** Call 911 or go to the nearest ER if you experience shortness of breath, redness, warmth, and extreme pain in the calf. These are signs of a blood clot.