



Diplomates American Board of Orthopaedic Surgery • Members American Orthopaedic Society for Sports Medicine
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The Hospital for Special Surgery,
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Founding Member Ikeuchi International Society for Arthroscopy and
Musculoskeletal Endoscopy
Martin Trieb, M.D., Inc.
Member Arthroscopy Association of North America

Postoperative Instructions

Total Knee Replacement

Motion: Work on straightening your leg with a towel rolled under your ankle (not knee). Work on bending with the continuous passive motion (CPM) machine.

Ice

- Apply an ice pack or Game Ready icing machine to the knee as often as possible for the first 3-7 days to reduce pain and swelling. You may ice as often as 30 minutes every hour but not less than 3x/day. If using Game Ready, use the no pressure or low pressure setting.

Medications

- Most patients require a narcotic (i.e. Percocet or Vicodin) for a short period of time. Please follow the prescription directions.
- Common side effects of pain medications include drowsiness, nausea, and constipation. To minimize side effects, take medications with food. You may take an over-the-counter laxative (i.e. Colace) if needed. Do not drive or operate any machinery while on narcotics.
- You may take anti-inflammatory medication (400 mg Motrin/Advil) between doses of narcotics to help control pain. Take with food to avoid stomach upset. Do not take if you have a history of ulcers.
- If you experiencing any problems or uncomfortable side effects, please contact our office.

Wound Care

- Remove the dressing, but not the Steri-strips, two days after surgery. You may cover the wound with Band-aids if any drainage is present. It is normal to have some drainage and swelling after surgery. If the dressing becomes soaked, you may reinforce it with additional dressing.
- Avoid any ointments around the incisions.
- Keep wounds clean and dry until your first post-op visit. If you wish to shower during this time, cover your knee with a large plastic bag or take a sponge bath. Do not soak in a bathtub or hot tub until after the first post-op visit.
- Your post-op appointment is on your surgery instruction sheet (usually 7-14 days after your surgery). If you need to reschedule, please call my assistant at (408) 559-3888.
- **If you develop a fever (temperature > 101.5), excessive drainage, redness around the incision, calf pain, or difficulty breathing notify Dr. Faryniarz at (408) 559-3888.**

Activity

- You should start physical therapy while in the hospital and continue after you are discharged. Please call our office if have not received an appointment or PT prescription for outpatient PT.
- You should receive a CPM machine to use at home until your bending is beyond 90 degrees. Your goal is to be able to straighten your leg completely and bend to 90 degrees by your first visit.
- **NO** driving is allowed until instructed by Dr. Faryniarz (usually 6 weeks).
- Elevate the operative leg to chest level whenever possible to decrease swelling.
- You may bear as much weight as tolerated on your new knee.
- Avoid prolonged sitting or long distance travel for the first 2 weeks after surgery.