



Post-Operative Instructions

Partial Knee Arthroplasty

WOUND CARE

- Do not remove dressing.
- Keep dressing clean and dry.
- Dressing will be removed at your post-op appointment and you will be provided more instructions for wound care at that appointment.

ACTIVITY

- No knee flexion past 90 degrees.
- You may perform gentle flexion and extension of the knee.
- May be weight-bearing as tolerated.
- Formal outpatient physical therapy will begin AFTER your post-op appointment (unless otherwise specified by your provider).

PAIN MANAGEMENT

- Review Opioid Sparing Packet from Greenline Pharmacy and take as directed.
- TAKE THE PAIN MEDICATION AS PRESCRIBED ON THE BOTTLES.
- For instructions on refilling a prescription, please read our Prescription Refill Policy.
- Call the office if you have uncontrollable pain.
- Ice and elevate the affected extremity throughout the day. You should ice at least 3 to 4 times a day applying ice 20 minutes on and then 20 minutes off.

ANTICOAGULATION

- You will be given a prescription for a blood thinner to help prevent blood clots. Take the medication as prescribed. This prescription is typically aspirin unless otherwise specified by your provider.
- TED stockings should be worn while awake for one month after surgery. They will help prevent clots and swelling in your legs.

EMERGENCIES

If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-218-6005. If this is a medical emergency, please call 911 or report to your local emergency department.



Call the office (401-218-6005) if you experience the following:

- Incision opens
- Increased redness at incision site
- Pain uncontrolled by pain medicine
- Uncontrollable bleeding
- Fever > 101 ° F or shaking chills
- Difficulty breathing or chest pain
- Severe pain or redness in calf
- Painful swelling despite ice and elevation

FOLLOW UP CARE/QUESTIONS

- You should have a post-operative appointment scheduled after your surgery. If not, please contact the office to schedule an appointment (401-218-6005).
- Please arrive 30 minutes prior to your appointment to allow ample time for x-rays.



Prescription Refill Policy

401-218-6005

Our office requires **72-hour business hours for all prescription requests**. We are unable to write prescriptions on an emergency basis, so please monitor your medication carefully. Do not wait until you are completely out of medication to request a refill. We process requests in the order they are received.

Your request requires **one clear and detailed message on 401-218-6005**, with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you. **If you have not received a call or voicemail, your request has not been processed.**

PLEASE NOTE: If you are currently being followed by another doctor for pain medication, please have an open line of communication with their office, as we do not prescribe for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will be referred back to the existing prescriber or a pain management facility.

Thank you in advance for your patience and cooperation.