



Post-Operative Instructions

Total Knee Arthroplasty

WOUND CARE

- The dressing you have is called PICO. It is a negative pressure dressing which draws the fluid out of the area of the incision and into the dressing to keep the incision dry. This dressing will remain on until your post-op appointment.
- You may shower with the dressing on. Remove the battery pack, shower, then reattach the battery pack and press the orange button.
- The battery pack will remain on for 7 days after the surgery. It will shut off and stop flashing green at 7 days. Throw out the battery pack when it has shut off and cut the tubing at the area of the dressing. Again, DO NOT REMOVE THE DRESSING.
- If you have any questions, please do not hesitate to call the office 401-218-6005.

ACTIVITY

- Physical therapy will start to work with you in the hospital within 12 hours after your surgery.
- No knee flexion past 90 degrees for the first 2 weeks or until specified.
- You may be weight-bearing as tolerated.
- You may climb stairs.
- NO driving until your post-operative appointment.



PAIN MANAGEMENT

- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform your physician or PA prior to the procedure.
- TAKE THE PAIN MEDICATION AS PRESCRIBED ON THE BOTTLE.
- 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 this medication as prescribed.
- TED stockings (TED stand for Thrombo-Embolic-Deterrent, which means that they prevent blood clots.) should be worn while awake for one month after surgery. They will help prevent clots, as well as help prevent swelling in your legs.

EMERGENCIES

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

- Dressing becomes saturated or falling off
- 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

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.



- You should have a post-operative appointment scheduled two weeks after your surgery. If not, please contact the office at 401-218-6005 to schedule an appointment.
- 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.