



TOTAL JOINT REPLACEMENT DISCHARGE INSTRUCTIONS

Activity:

1. Walk with walker. Weight bearing status –full ____ none ____ toe touch ____
 2. Follow physical therapy exercises.
 3. Do not drive until Dr. Carr says you can.
 4. Elevate your leg after walking to reduce swelling.
 5. Do not put a pillow directly under the knee joint.
 6. Wear support stockings on both legs for 6 weeks. You may remove them every 4-6 hours for 1 hour. You may wash stockings in a mild detergent and hang to drip dry.
 7. Walk 3-4 times per day for a total of at least _____ feet using your walker.
 8. Continue foot pumping exercises 10 times per hour
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Incision Care:

1. May take a shower after the staples/sutures are removed.
 2. Do not take a tub bath.
 3. Do not scrub the incision line.
 4. Keep the dressing clean and dry or leave it open to air.
 5. You may clean your incision once daily with alcohol or betadine or peroxide.
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When to call for medical advice:

1. Pain in your calf, tenderness or increased swelling in calf.
 2. An increase in drainage or pain from your knee.(looks funny, smells funny, feels funny)
 3. Feeling of numbness or severe unusual pain in your operated leg.
 4. Chills or a fever > 100.5 consistently.
 5. Any episode of shortness of breath or chest pain or tightness.
 6. Problems urinating, burning or itching when urinating.
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Total Knee:

1. Range of motion exercises-bending, straightening, and stretching your knee 10 times/ hour.
 2. Bending –try to maintain 110 degrees.
 3. Straightening – lift your straight leg as high as you can.
 4. Stretching-extend your leg straight out in front of you with your heel on the floor and press gently down on the knee to stretch the back of the knee.
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Total Hip:

1. Follow the 90-degree rules.
 2. Do not bend forward from an upright position. Do not stand with your toes pointed in. Do not cross your legs or ankles.
 3. Keep one pillow between knees with sitting.
 4. Always keep your knees down sloping from your hips when you are in a seated position.
 5. May sleep on your back or non-surgical side only. Always put 2-3 pillows between legs to support surgical leg when sleeping on your side. Very important to keep legs separated at all times!
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Remember: Preventive antibiotic coverage is needed before invasive procedures. Tell all your doctors and dentist about your knee replacement before any medical treatment.

Please call our office with any questions—Dr. Robert V. Carr
(806) 797-4985