Jointworks

Guide for care following Total Knee Replacement Surgery

General instructions:

- Apply ice covered with a towel for 2-3 days – (15-20 minutes at a time)
- Swelling and bruising is normal
- Elevate knee by putting foot up on the lounge or a stool to reduce swelling

Dressings:

- The 'Prineo' dressing under the sticky dressing is waterproof
- It is normal for there to be a small amount of bleeding present underneath the dressing
- Do not get the wound wet for 10 days
- You may shower with the waterproof dressing on

Exercises:

- You may be given crutches before discharge. Use these for support and use them less as you feel more safe and balanced
- You may put all your weight through your leg unless specifically told otherwise by your treating doctor
- It is important to use the leg muscles – straight leg raises and ankle rotations every hour
- Avoid strenuous activity (ie running) until you have been cleared by your treating doctor
- Physiotherapy will be arranged at your first visit with your treating doctor after the operation

Pain:

- The knee will have local anaesthetic injected at the end of surgery. This usually wears off between 8 & 12 hours after surgery
- Pain medications will be prescribed although simple Panadol and ibuprofen may suffice

Call Jointworks office on 02 9055 1766 if:

- There is persistent bleeding
- There are signs of infection – fevers, redness, drainage from the wound
- Signs of a blood clot in the calf – swelling in the calf that is not improving

YOUR NEXT APPOINTMENT

DAY/TIME

ON.....

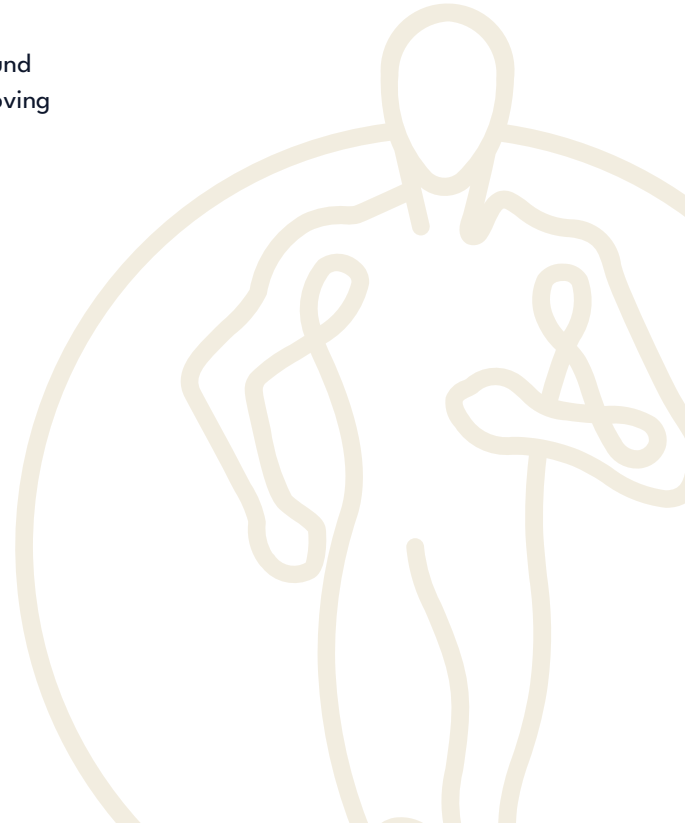
AT.....

AM/PM

SURGEON

- ◯ Dr Jonathan Negus
- ◯ Dr Sean Williams
- ◯ Dr Donald Cawthorne

LOCATION DETAILS

LOCATION

- ◯ MTP - St Leonards
- ◯ MTP - Frenchs Forest
- ◯ Hills st - Gosford
- ◯ Westmead
- ◯ Wahroonga