

Post-Operative Robotic Total Knee Replacement Patient Instruction Form

Diet:

Please resume your normal diet, and try to eat a balanced diet with adequate protein intake

I recommend that you try to take:

- Calcium 1200 mg daily
- Vit. D 600 units daily
- Vit. C 500 mg daily

Pain and Swelling:

In general the pain and swelling is at its worst from post-op day 3 through post op day 7. This is due to the body's inflammatory response after surgery. Some patient's will significant swelling and bruising all the way down to their toes, and others may have very little. Some patients may feel that they have gain 10 lbs of fluid in the leg after surgery and others may have almost no swelling. If you have are having significant swelling post op:

- Elevate your legs above your heart when you are sitting or resting
- Work on doing ankle pumps
- Please do a lot of icing or use the ice machine

Medications:

Please resume your normal home medications as scheduled, unless otherwise directed

- 81mg baby aspirin twice a day for 4 weeks
- Tylenol 650mg 4 x daily or 1000mg 3 x daily
- Gabapentin 300 mg 2 x daily
- Celebrex 200 mg 2 x daily (if allergic then Naproxen 500 mg twice a day)
Celebrex does require a pre-authorization with most insurances; this authorization can take up to 7 business days to go through we cannot start the prior auth until after surgery, if the medication is not covered then you will be switched to Naproxen.
- Tramadol 50 mg 4 x daily
- Oxycodone 5 – 10 mg 1-2 tablets every 4 hours as needed for pain
- Senna/Colace 2 tablets 2 x daily

Taper off the narcotics Tramadol and Oxycodone as soon as you can during the first couple weeks post-op. In general I would like you to be off the oxycodone in 5-14 days, and off of the tramadol in 14-21 days.

Constipation Prevention: I recommend that you take the bowel medicine until you are off all narcotics

Senna: two tablets daily

Colace: 100 mg tablet twice daily

Dulcolax Suppository: only if needed for severe constipation

Blood Clot Prevention:

You will be placed on enteric coated aspirin 4 weeks after surgery.

Enteric Coated Aspirin 81mg oral 2 x daily for the first 4 weeks after surgery

Therapy:

Knee Replacements: please continue to work on straightening the operative leg by pushing the knee down to the bed while the leg is extended and then to bring your knee to chest by bending the knee as much as you can tolerate

Follow the directions of your physical therapists.

You may progress from a walker, to a cane, to no assist device as your strength improves. You will use a walker for a minimum of 3-7 day before transitioning to a cane, and then you must use a cane for an additional 2 weeks. It is ok to a use a walker for longer than 7 days depending on your strength and balance.

Aquatic Therapy: aquatic therapy is great, but I ask that you do not do any for the first 21 days after surgery unless otherwise directed by myself

Wound Care:

You will have a special adhesive water proof bandage called an Aquacell Ag dressing. The dressing is waterproof and anti-bacterial. The dressing may stay on for the first 14-21 days as long as it is clean. You may shower and wash as normal with this dressing on. Please do not soak the area of the dressing until after your first post-op appointment when I will remove the dressing. Do not soak the area of the incision in a bath/pool/hot tub for the first 21 days after surgery.

Office Appointments after Joint Replacement:

2 week post-op: Wound check and dressing removal

6 week post-op: Wound check and X-rays of the joint replacement

Knee Replacement: range of motion exam

3 months post-op: X-rays of the joint replacement and general checkup

[6 months post-op: general checkup no x-rays] *only if needed*

1 year annual visit for first 2 years post-op: X-ray of the joint replacement and general checkup. After 2 year post op check I do recommend checkup appointment every 5 years.

Concerns or Questions:

Email drbradleyboyd@gmail.com may email anytime

If 8-4 during the week days you may call the office and ask for Reina 703-391-0111

If after hours during week days or anytime on weekends call 703-391-0111 and when you get to the operator please ask them to call me.