

Dr Ball Total Knee Arthroplasty

What to Expect/Activity

- You are weight bearing as tolerated to your operative leg. Use your walker or crutches. It is important to get up and walk for 10 minutes every hour, if possible.
- Perform your post-operative exercises as instructed.
- Swelling and discomfort causes pain. Elevate your surgical leg on several pillows throughout the day, especially when you are laying down, to keep your leg above the level of your heart.
- Place ice on your knee throughout the day for no longer than 1 hour at a time followed by a 20 minute break. Do not place the pad directly on your bare skin.
- Continue to wear your mobile compression sleeves while you are not walking for the first 2 weeks after surgery.
- Sleep on your back with your leg elevated and fully supported on 2-3 pillows.
- Do not drive until off narcotic pain medication and also cleared at follow-up by surgeon.

Dressing/Wound Care/Bathing

- Your incision was sutured with dissolvable sutures, and covered with Prineo - an adhesive mesh held in place with medical glue.
- Keep the entire dressing clean and dry for two days. The incision is covered with Prineo, an adhesive mesh held in place with medical glue. There may be some blood staining on the mesh- this is normal. There should not be any drainage or staining on the gauze dressing over this after 48 hours. If there is active drainage, call the office.
- You may remove the outer gauze dressing in 48 hours, but keep the adhesive dressing in place.
- You may shower once there is no drainage for 24 hours after the gauze dressing is removed (Post op day #3). Leave the adhesive Prineo in place. Do not scrub, just let water run over and pat dry gently.
- The ace wrap must remain in place for 48 hours. After 48 hours you may remove the ace wrap. As long as there is no drainage, you may leave the incision open to air. If there is drainage, apply a dry dressing and change it daily until the incision is dry for 48 hours.
- You may get your incision wet in the shower after the incision has been dry for 24 hours (Post op day #3).
- Do not soak in a bath, hot tub, pool, lake, ocean, etc.

Pain Management/Medications

- You may resume your usual medications.
- Please take the following medications as prescribed:
 - Acetaminophen (Tylenol) 1000 mg – three (3) times daily
 - Aspirin 325 mg – one time daily for one month
 - Ondansetron (Zofran) 4 mg – only as needed for nausea and vomiting

- You are also receiving a prescription for narcotic pain medication (Oxycodone). Please only use this medication as needed for breakthrough pain. Take as directed on the bottle.
- **Nerve Block:** You received a nerve block for your surgical procedure today. Your surgical limb may feel numb with loss of muscle control for up to 18-24 hours after surgery. We recommend taking a dose of pain medication prior to bed tonight, to cover any pain that may occur if your nerve block begins to wear off while you are sleeping.

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. This will be explained again when you return for your post-op appointment.
- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Persistent nausea or vomiting
 - Decreased sensation or discoloration of the operative limb
 - Pain or swelling that is getting worse and not better with medication

MD Contact Information

- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com