



**GOOD SHEPHERD
MEDICAL CENTER
ORTHOPEDIC DEPARTMENT**

PATIENT TEACHING INSTRUCTIONS FOLLOWING: TOTAL KNEE REPLACEMENT

ACTIVITY RESTRICTIONS:

DO NOT

- Sit on low chairs
- Walk without the assistance of a walker
- Place pillows underneath the knee

SPECIAL CONSIDERATIONS:

- Activity restrictions should continue until your Doctor tells you differently
- Sit in chairs that have arms to assist you when you get up
- Place a pillow in the chair to raise the seat to make it easier to get out of the chair
- Use a walker in the shower or bath stool
- Have someone clear wide pathways so it will be easy to pass with a walker
- Have someone remove throw rugs and lamp cords so you will not trip on them
- Consult your Doctor concerning when sexual activities may be resumed
- Inform all doctors who care for you now or in the future about your knee replacement
- Continue to do exercises as instructed by the physical therapists
- Continue to wear TED hose, you may remove them at night to wash them
- Continue to use your walker until your Doctor sees you again
- Bear weight only as ordered by your Doctor
- Pain is normally worse at night, a prescription for pain medication may be sent home to take as needed
- Avoid open heeled shoes
- Take aspirin and protonix if ordered by your Doctor

SYMPTOMS TO REPORT TO YOUR DOCTOR:

- Sudden sharp, unrelieved pain
- Increased pain, redness or drainage from the incision
- Chest pain or shortness of breath
- Temperature above 100 degrees
- Change in color or odor of drainage if your incision is draining
- Severe heartburn, ringing in the ears, or nose bleed

WOUND CARE:

- The incision line may be cleansed, if not covered with steri strips, with soap and water or betadine if it is not draining
- If the incision is draining, you should do the following: _____