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## PATIENT TEACHING INSTRUCTIONS FOLLOWING TOTAL KNEE REPLACEMENT

### ACTIVITY RESTRICTIONS: DO NOT

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

### SPECIAL CONSIDERATION:

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- 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:

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- 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:

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The incision 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: \_\_\_\_\_

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