



Total Knee Replacement

DAY OF SURGERY

DAY: _____ **DATE:** _____

Things to Expect Today

- You will be in a room on a surgical unit where the nurses will closely monitor your condition. Initially after surgery, your blood pressure, pulse, and temperature will be assessed frequently.
- Your nurse will inspect your operative dressing, assess your circulation, assess your level of comfort and response to pain medication, and help you change position frequently in bed to help make you comfortable.
- Your nurse will encourage you to cough, deep breathe, and use your incentive spirometer.
- You will need to take your pain medication to make coughing and turning easier. If the nurse does not mention it, ask for it.
- Initially after surgery, you will not be allowed to eat or drink anything. You will progress to a clear liquid diet. If you tolerate liquids, you will resume the diet you followed before surgery.
- You will be on bed rest till tomorrow. Tomorrow, your physical therapist will meet with you two times and begin to instruct you about after-surgery exercises. The therapist will assist you to get out of bed twice -- once in the morning and once later in the day. You will begin walking. The distance depends on your tolerance.

Things to Do Today

Begin reviewing your Patient Information Packet. If you did not bring it with you, ask the nurse for another. Review after-surgery exercises.

- Use your incentive spirometer ten times every hour while you are awake. How high did you get the spirometer this time? _____
- Take your pain medicine so it will make it easier to cough, deep breathe, and move around in bed.

SLEEP WELL!



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TOTAL KNEE REPLACEMENT

DAY 1 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today

- You will have morning blood tests.
- You will need to take your pain medication to make coughing and turning easier. If the nurse does not mention it, ask for it.
- You may not be hungry, but try to eat -- the better you eat, the better you feel.
- Your nurse will encourage you to cough, deep breathe, and use your incentive spirometer.
- Your physical therapist will meet with you two times today and begin to instruct you about after-surgery exercises. The therapist will assist you to get out of bed twice -- once in the morning and once later in the day. You will begin walking. The distance depends on your tolerance.
- The Foley catheter may be removed.
- You will meet with a Social Worker today who will begin discussing your discharge options.

Things to Do Today

Review your Patient Information Packet. If you did not bring it with you, ask the nurse for another. Review after-surgery exercises.

Morning

- Get out of bed to the chair with the help of the physical therapist. Try to sit up for 30-60 minutes.
- Use your incentive spirometer ten times every hour while you are awake. How high did you get the spirometer this time? _____
- Do your after-surgery exercises as instructed by your physical therapist.



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Afternoon

- Take your pain medicine before getting out of bed. It will help make moving easier.
- Get out of bed to the chair with the help of your physical therapist. Begin walking with help.
- Use your incentive spirometer ten times every hour. Continue to do your coughing and deep breathing exercises.
- Do your after-surgery exercises.

Evenings/Nights

- Begin to learn about your medications. Ask your nurse what you are taking. Information sheets are available.
- Continue to use your incentive spirometer and do the coughing and deep breathing exercises ten times every hour. This will help prevent lung problems.
- Do the exercises the physical therapist taught you.
- Remember to take your pain medication as needed.
- The nursing staff will be making evening and night rounds. They will be helping you turn every two hours. If you need something, please ask.

SLEEP WELL!



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DAY 2 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today

- You may have morning blood tests.
- You may be able to eat your usual diet.
- The IV and Epidural catheter for pain medication may be discontinued. Pain medication in pill form will be available.
- You will continue to receive instructions by physical and occupational therapists. You will be seen twice by the physical therapist.
- If not done already, the Foley catheter will be removed.
- Your social worker and other team members will continue to discuss your discharge plan. You may be discharged tomorrow. You can confirm this information with your medical team.

Things to Do Today

Treatment with The Continuous Passive Motion (CPM) machine may be started, if recommended by your Orthopedic surgeon.

Read the section in your Information Packet on **Going Home**.

Morning

- Sit on the chair and wash up.
- Eat breakfast.
- Use your incentive spirometer ten times an hour and do the coughing and deep breathing exercises.
- Continue instruction by the physical and occupational therapists regarding after-surgery exercises and what changes to make related to daily activities such as washing and dressing.
- Walk farther than you did yesterday. Remember to take your pain medication to make moving easier. You may begin to learn how to climb stairs using crutches under the supervision of the physical therapist.



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- Continue thinking about your needs at home once you are discharged.
- Ask your physical and occupational therapists and nurse about what equipment you may need when you get home. Discuss with the occupational therapist any devices needed to make getting washed and dressed easier.

Afternoon

- Sit on the chair and eat lunch. The longer you are out of bed the better. It helps improve your lungs and circulation.
- Ask your nurse any questions you have about your medications. Ask for the information sheets if you did not receive them yet.
- Discuss plans for discharge with your nurse, doctor, therapists, and social worker. Confirm with the team concerning your discharge day.
- Review your discharge instruction sheet. Ask questions!
- Needed equipment will be ordered and confirmed with vendors. Make sure you have the phone number of the vendor.
- Walk around the hallway with your physical therapist.
- Let your nurse know when your last bowel movement was.
- Continue using the incentive spirometer and doing your after-surgery exercises.
- View the Total Knee Replacement video on Closed Circuit TV.
- You may learn to climb stairs using crutches. Ask your physical therapist.

Evening/Nights

- Sit on the chair and eat dinner.
- Walk along the hallway with help. How far did you walk? _____ Remember to take your pain medication.
- Use your incentive spirometer, and do the coughing and deep breathing exercises.
- Do the exercises the physical therapist taught you.
- Think about additional preparations you might need to make at home.
- The nursing staff will be making rounds. Ask if you need anything, including a sleeping pill.

SLEEP WELL!



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DAY 3 AFTER SURGERY

DAY: _____ **DATE:** _____

Things to Expect Today

- You may have morning blood tests.
- Your dressing will be changed.
- You will need to take your pain medication to make moving and coughing easier. If the nurse does not mention it, ask for it!
- You may be discharged today to home or a rehabilitation facility. Orders for any needed equipment will be confirmed.
- If you are not discharged, you will be out of bed sitting on the chair for most of the day. Continue to walk in the hallway -- this is the best thing for your lungs!
- You may have a Doppler test ordered before you go home.
- If you are not discharged, you will see the physical therapist twice today for exercise, walking and home exercise program.
- Treatment with CPM machine may be continued, if applicable.
- Your nurse will teach you how to care for your incision.

Things to Do Today

Look at your incision and ask your nurse any questions about how you should care for it at home.

Review the information in your packet on discharge instructions, when to call the doctor and preventive antibiotics.

Write down any remaining questions.



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If you are discharged:

- Wash up.
- Sit on the chair and eat breakfast.
- Review and sign the discharge plan with your nurse. Make sure you know when to make a follow-up appointment.
- Review tub and car transfers (e.g. getting into and out of) with the physical therapist if you are going home.
- Obtain your prescriptions.
- Be discharged from the hospital (at or before 10 a.m.) or transferred to a rehabilitation facility.

If you are not discharged:

- Sit on the chair for breakfast.
- Use your incentive spirometer ten times every hour. How high did you go? ____
- Take a walk around the hallway. See if you can go farther than you did yesterday.
- Continue working with the physical therapist and exercising on your own. Review after surgery exercises with the physical therapist.
- Continue to meet with the occupational therapist to review techniques in doing daily activities such as dressing, bathing, etc. Discuss assistive devices you may need such as a grabber or reacher.

Afternoon

- Review your discharge instruction sheet. Ask questions!
- Sit in the chair for lunch -- the better you eat, the better you heal.
- Use your incentive spirometer ten times every hour. How high did you go? ____
- Continue to walk in the hallway. Try to go farther than you did this morning. Ask your nurse if you can walk with your family or friends around "The Loop" or out to the solarium for a change of scenery.
- Let your nurse know when your last bowel movement was.
- Watch the videotape on Total Knee Replacement on Closed Circuit TV.



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- Review the Going Home Section in your packet and ask questions as needed.
- If not already done, needed equipment will be ordered and confirmed with vendors. Make sure you have the phone number of the vendor for this equipment.
- Continue to work with the physical therapist.
- Continue or begin to learn how to climb stairs under the supervision of the physical therapist.

EVENING/NIGHTS

- Sit in the chair for dinner and eat something.
- Continue to use your incentive spirometer ten times every hour.
- Walk along “The Loop” in the hallway. How many loops did you do today? _____
- Make sure you understand your medication schedule.
- Do the exercises that the physical therapist taught you.
- The nursing staff will be making rounds. If you need something, please ask.

SLEEP WELL!



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DAY 4 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today

- You may have morning blood tests.
- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- You may have a Doppler test ordered before you go home.
- Discharge to home or to a rehabilitation facility.

Things to Do Today

Ask any remaining questions.

Sign the discharge plan.

Morning

- Wash up.
- Sit on the chair for breakfast.
- Start practicing transferring (getting into and out of) a car and a shower.
- Review and sign the discharge plan with your nurse. Make sure you know when to make a follow-up appointment.
- Obtain your prescriptions.
- Be discharged from the hospital (at or before 10 a.m.) or be transferred to a rehabilitation facility.