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TOTAL KNEE REPLACEMENT INFORMATION

- Your lab and all testing will be done ahead of time in Salina, if at all possible.
 - Follow instructions given by the office in regards to stopping your blood thinning medications
 - Do not eat or drink anything after midnight prior to surgery.
 - Please take a bath or shower the morning of surgery.
 - Please bring any necessary medical equipment with you (crutches, walker, polar pack, brace, CPAP etc)
 - You may be contacted by our office to obtain crutches or a walker.
 - Bring a good walking shoe.
 - Wear comfortable, loose fitting clothes and bring personal hygiene items with you.
 - Bring a list of your medications to the hospital.
 - You will be admitted to the hospital 2 hours before surgery. Anesthesia will visit with you at this time. Surgery will last about 1 hour.
 - Preventative measures to avoid complications include:
 - IV antibiotics to prevent infection, skin sores, regular dental visits
 - Clean air flow room to prevent infection.
 - Deep vein thrombosis prevention with Lovenox in the hospital and Aspirin 81mg twice a day for 6 weeks. Early walking and foot compression pumps in the hospital. No flying for _____ days/weeks.
 - Your hospital stay will be 2-4 days. You will then go home or be transferred to Rehab for 4-5 days.
 - You will have staples for 10-14 days. Showering is permissible. An appointment will be given to return to our office for staple removal and aqucel.
 - A CPM machine will be used to keep your knee flexible. You will take this machine home.
 - Physical therapy will assist you with exercises and rehabilitation. A pre-PT visit will be done prior to your surgical treatment.
 - Pain pills will be provided for one month. You may need to take a stool softener with the pain medications.
 - You may need to purchase a shower chair, grab bars, or other assistive devices.
 - You may shower, however do not bathe, swim, or hot tub.
 - You will need a driver when dismissed from the hospital.
 - Please let your dentist know that you have had a total joint replacement. If dental work is needed, the dentist will want to give you an antibiotic to prevent infection. This will need to be done for the rest of your lifetime.
 - Teeth need to be in good repair prior to your surgery.
 - We ask that you not have dental work for (5-6) five to six months following surgery.
 - Please do not drive for 4-6 weeks following surgery. You must be off all narcotics.
 - For more information regarding your surgery and diagnosis, go to <https://orthoinfo.aaos.org>
- ALL NARCOTIC PRESCRIPTION REFILLS NEED TO BE CALLED INTO THE OFFICE 48 HOURS BEFORE YOU WILL RUN OUT OF MEDICATION!**