

Byron L. Grauerholz, M.D.

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, CPAP etc)
- ◆ 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 2 hours.
- ◆ Preventative measures to avoid complications include
 - IV antibiotics to prevent infection.
 - Clean air flow room to prevent infection.
 - Deep vein thrombosis prevention with Lovenox in hospital and ASA 325mg daily for 6 weeks. Early walking and foot compression pumps in hospital.
- ◆ 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.
- ◆ A CPM machine will be used to keep your knee flexible. This may be ordered for use at home.
- ◆ Physical therapy will assist you with exercises and rehabilitation.
- ◆ 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, raised toilet seat, grab bars, or other assistive devices
- ◆ 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 two years after your joint replacement surgery and sometimes lifelong depending on your chronic medical conditions.
- ◆ Teeth need to be in good repair prior to your surgery.
- ◆ We ask that you not have dental work done for (5-6) five to six months following surgery.
- ◆ Please do not drive for 4-6 weeks following surgery.
- ◆ For more information regarding your surgery and diagnosis go to <http://orthoinfo.aaos.org>
- ◆ **ALL NARCOTIC PRESCRIPTION REFILLS NEED TO BE SIGNED BY YOUR PHYSICIAN AND WILL NEED TO BE PICKED UP AT THE OFFICE, PLEASE CALL FOR A REFILL 48 HOURS BEFORE YOU WILL RUN OUT OF MEDICATION!**

