

DISCHARGE INSTRUCTIONS

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Partial Knee Replacement Post-Operative Instruction Sheet

1. You can shower and remove the bandage after 5 days. You should not take a bath or submerge your knee in water.
2. Apply ice to the knee every 1-2 hours for 15-20 minutes for the first week. This will reduce pain and swelling. Do not apply ice directly to the skin.
3. Keep the leg elevated on a bed or couch as much as possible. This will also help to reduce swelling. Avoid sitting in a chair for more than 30 minutes each day.
4. Use the crutches or cane as needed. If you feel you do not need to use these devices, it is fine to walk without them but do not overdo it.
5. You can put your full weight on your operative knee.
6. At the end of the surgery, a local anesthetic is injected and you may not have much pain initially. Limit your activities immediately after the surgery even if you feel fine.
7. Pain medication will be prescribed for you and can be taken as needed. If you feel your pain is not too severe, Tylenol can be taken instead. **DO NOT DRINK ALCOHOL OR DRIVE WHILE TAKING PAIN MEDICATIONS BECAUSE THEY MAY CAUSE DROWSINESS.**
8. If you did not stay in the hospital overnight, you will be given a prescription for one day of antibiotics that you should start the night of surgery.
9. To prevent blood clots you should do the exercises as prescribed. You will also be given a pair of compression stockings that you should wear for one month or until you are able to ambulate ½ a mile. You will also be given a prescription for aspirin 325mg to be taken twice per day for one month unless you are allergic to aspirin, cannot tolerate aspirin, or you and Dr. Hochfelder have discussed otherwise.
10. You should begin to move the knee as soon as comfortable. This may be somewhat painful initially so do not be alarmed. Move your knee as much as you can tolerate. Flexing and extending the knee will reduce stiffness and speed recovery. Pumping your

ankle back and forth 10 times/hour will also stimulate circulation. You will be given a prescription for physical therapy and can start this within three days of surgery at a place that is convenient for you.

11. Begin the exercises at the end of the instructions the day after surgery. Do not do an exercise if it is crossed out.
12. After 5 days, you may remove the bandages and shower if the incisions are dry. After showering, dry the incisions by patting it dry and place a new bandage if you would like to keep it covered. You do not need to replace the ace bandage.
13. If you have a sedentary job or are a student, you can usually return to work or school in 3-4 days. If you have a physical job, consult Dr. Hochfelder before returning to work. Do not return to sporting activities until instructed.
14. An appointment will be made for you for 2-3 weeks after the surgery to remove the stitches or staples
15. CALL THE OFFICE (914 631 7777) IMMEDIATELY IF ANY OF THE FOLLOWING DEVELOP:

Fever higher than 101

Redness, increasing pain or excessive swelling in your knee, calf or foot.

Numbness, tingling or change in color or temperature in your leg.

Drainage or seeping from the incisions or if the knee becomes very painful, red or swollen.

KNEE EXERCISES

Knee Straightening Exercises



Place a small rolled towel just above your heel so that it is not touching the bed. Tighten your thigh. Try to fully straighten your knee and to touch the back of your knee to the bed. Hold fully straightened for five to 10 seconds.

Repeat until your thigh feels fatigued.

Bed-Supported Knee Bends



Bend your knee as much as possible while sliding your foot on the bed. Hold your knee in a maximally bent position for 5 to 10 seconds and then straighten.

Repeat several times until your leg feels fatigued or until you can completely bend your knee.

Sitting Supported Knee Bends



While sitting at bedside or in a chair with your thigh supported, place your foot behind the heel of your operated knee for support. Slowly bend your knee as far as you can. Hold your knee in this position for 5 to 10 seconds.

Repeat several times until your leg feels fatigued or until you can completely bend your knee.

Sitting Unsupported Knee Bends



While sitting at bedside or in a chair with your thigh supported, bend your knee as far as you can until your foot rests on the floor. With your foot lightly resting on the floor, slide your upper body forward in the chair to increase your knee bend. Hold for 5 to 10 seconds. Straighten your knee fully.

Repeat several times until your leg feels fatigued or until you can completely bend your knee.

KNEE STRENGTHENING EXERCISES

Straight-Leg Lift



You should feel this exercise mostly in the front of your thigh.

Lie on your back with one leg bent and the other straight. Tighten the thigh muscles in your straight leg and slowly lift it until it is about a foot off the floor. Hold it for 3 to 5 seconds. Slowly lower your leg to the floor. Repeat and switch sides.

Do: Keep your upper body relaxed and tighten your stomach muscles to keep your low back flat against the floor.

Hamstring Curls



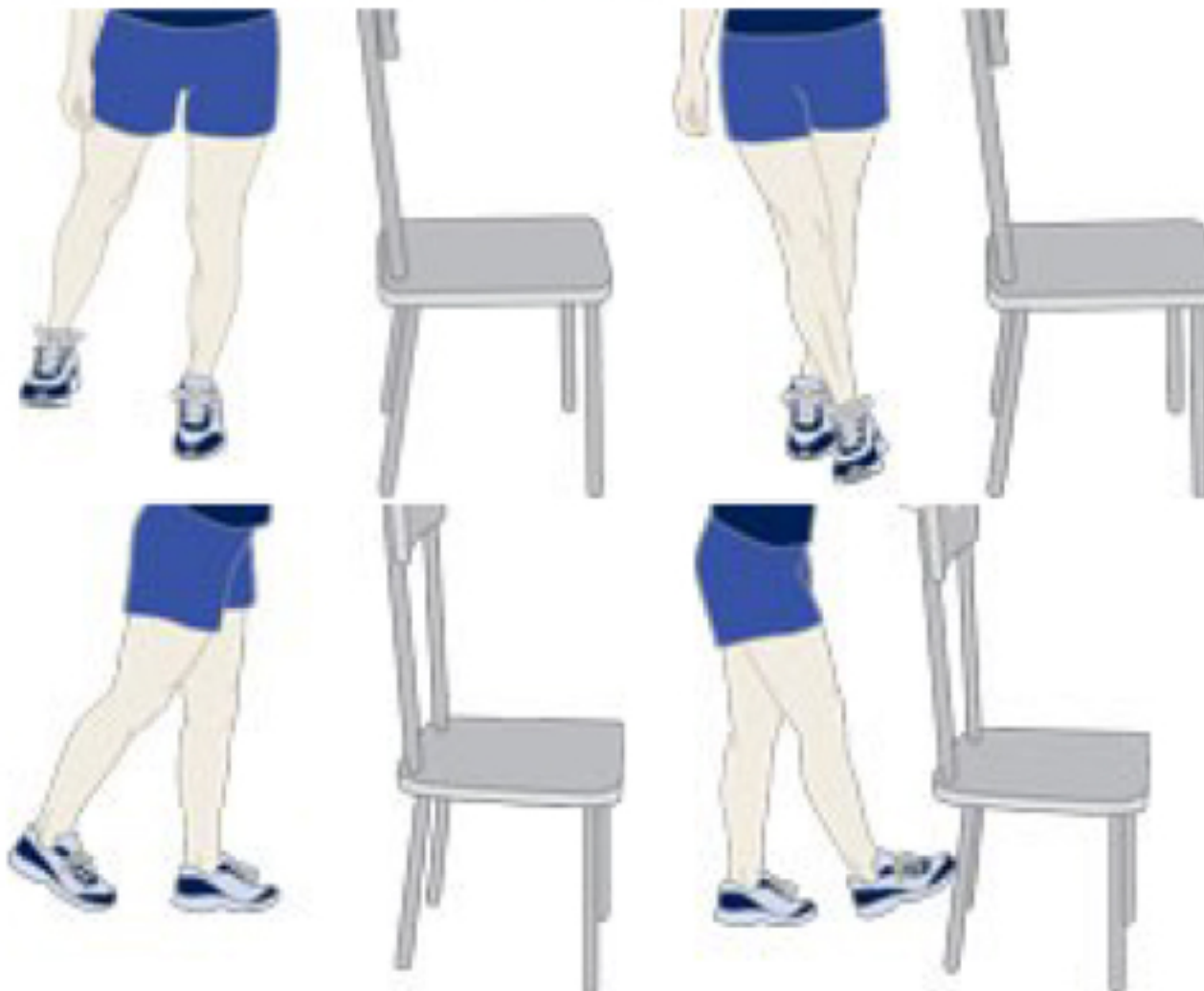
You should feel this exercise at the back of your thigh.

Hold on to the back of a chair for balance. Plant your weight onto your supporting leg. Lift the other foot and bring the heel up toward your buttocks. Hold for 3 to 5 seconds. Slowly lower your leg. Repeat and switch sides.

Do: Keep your knees close together.

Do not: Lock the knee of your supporting leg. Do not bring your heel up past a 90 degree angle.

Knee Stabilization Series



You will feel these exercises on all sides of your thigh, your hip and buttocks.

Hold onto the back of a chair for balance. Slightly lift one leg. Plant your weight on your supporting leg. Tighten your thigh muscles in your lifted leg and slowly move it in the direction shown. Hold for 3 to 5 seconds. Slowly return to start and repeat. Turn your body 90 degrees to begin the next exercise in the series.

Do: Focus on your supporting leg. It is working just as hard as the moving leg.

Do not: Lock the knee of your supporting leg. Do not arch your back or lean to either side during these exercises.