



PARTIAL OR TOTAL KNEE REPLACEMENT

IMPORTANT INFORMATION – PLEASE READ

The following education and exercises are aimed to assist in your recovery after your knee surgery.

POST-OP

You will experience pain, stiffness and swelling after your procedure. These symptoms will be managed with a combination of pain medication, elevation, ice and gentle exercise. We recommend hiring the **Game Ready** machine prior to your admission for help with pain and swelling.

Nausea, dizziness, sore throat, muscle pain and inability to concentrate are common side effects of the anaesthetic and may take 24 hours to resolve.

Regular, gentle movement, short walks and/or exercise will help improve the circulation of blood through your lower limbs. Generally, you progress from frame to crutches before discharge.

POST- Discharge

We use a waterproof dressing over superglue skin closure. This remains in place until about 2 weeks after surgery, when it is removed at the TJS dressing clinic or GP surgery. There are generally no stitches or staples to remove. Occasionally small amounts of blood may pool under the dressing. As long as it doesn't seep out it can be left alone. Please ask for more pain medication at that stage if you're running low. Follow up with your surgeon is approximately six weeks from your surgery.

Once home we recommend plenty of rest and gentle exercises, as described to you by the physiotherapist before discharge. Most people benefit from seeing a physiotherapist after 2 weeks. They will help guide your recovery, progressing your exercises and weight-bearing. You will graduate to fully weight-bearing without crutches over 4-6 weeks. Once independently mobile and off all strong pain killers you may recommence driving. You can usually return to work after 6- 8 weeks.

CONTACT US IF YOU EXPERIENCE ANY OF THE FOLLOWING;

- If your wound is not dry (still oozing) 5 day after surgery
- High temperature or fever
- Severe pain
- Redness, swelling around the knee / incision site
- Severe pain (contact your anaesthetist)

Office hours: The Joint Studio 9386 3933 (9.00am - 4.30pm)

Out of hours: contact the orthopaedic ward or Dr Kawryshanker or anaesthetist (for pain)

Closest Emergency Department: Hollywood Private Hospital - 9346 6000

Tel: (08) 9386 3933

Email: info@thejointstudio.com.au

Suite 1 / 85 Monash Ave Nedlands 6009

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HealthLink EDI: riazkhan

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