

# POST KNEE REPLACEMENT

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

## Home Care

- When you are allowed to shower, carefully wash your incision with soap and water. Rinse the incision well. Then gently pat it dry. Don't rub the incision, or apply creams or lotions.
- Take pain medication as directed by your doctor.

## Sitting and Sleeping

- Sit in chairs with arms. The arms make it easier for you to stand up or sit down.
- Don't sit for more than 30-45 minutes at one time.
- Nap if you are tired, but don't stay in bed all day.
- Sleep with a pillow under your ankle, not your knee. Change positions during the night.

## Moving Safely

- The key to successful recovery is movement-walk and exercise your knee as directed.
- Walk up and down stairs with support. Try one step at a time—good knee up, bad knee down. Use the railing if possible.
- Don't drive until your doctor says it's okay. Don't drive while you are taking narcotic pain medication.

## Other Precautions

- Avoid soaking your knee in water (no bathtubs, pools) until your doctor says it's okay.
- Wear the support stockings you were given in the hospital, as instructed by your doctor.
- Arrange your household to keep the items you need handy.
- Use nonslip bath mats, grab bars, elevated toilet seat, and a shower chair in your bathroom
- Until your balance, flexibility, and strength improve; use a cane, crutches, a walker, handrails, or someone to help you.
- Tell your dentist that you have an artificial joint before any dental work.
- Tell all your healthcare providers about your artificial joint before any medical procedure.
- Maintain a healthy weight. Get help to lose any extra pounds.
- Take any medication you may have been given after surgery.

## Call your nurse or doctor immediately if you have:

- Fever of 100.4°F higher, or shaking chills
- Stiffness, or inability to move the knee
- Increased redness/tenderness/swelling around incision
- Increased swelling in your leg
- Drainage from the incision
- Increased knee pain

## Call 911 right away if you have:

- Chest pain.
- Any pain or tenderness in your calf
- Shortness of breath

*Adapted from Krames On-Line*

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### IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.  
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.  
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