



**EDWARD P. PETROW, JR., DO**  
Orthopaedic Surgery  
Robotic Hip and Knee Replacement

## **Post-Operative Knee Replacement Instructions**

### **Common Pain Medication Side Effects:**

- Drowsiness
- Nausea/Vomiting
- Constipation (Please consider taking OTC stool softener while on narcotics)
- **For upset stomach you can take over the counter (OTC) TUMS or Pepcid or Prilosec**
- \*\*If these side effects are NOT tolerable to you, please contact our office at (520) 382-8200

### **Incision Care:**

- Remove ACE bandage in 24 hrs. Please leave Aquacel bandage on incision.
- **REMOVE Aquacel (Tan large bandage) 1 week after surgery.**
- The bandage is waterproof, so it is OK to shower once ACE bandage removed.
- **ICE 30 min every 3 hours over the incision while awake.**
- At one week, remove your bandage and wash your wound with regular soap. Do not cover your incision after the bandage is removed.
- Do not place ointments or creams on your incision.
- Some blood will collect under the bandage. This is normal, keep bandage on unless blood is leaking out. If blood leaks out, remove bandage and place a lightweight gauze dressing on incision until bleeding stops.
- Staples (if you have them) will be removed at first post-op appointment.
- Avoid Pools/Baths/ Hot Tubs until cleared to do so.

## Physical Therapy and Exercises:

- Please begin Physical therapy within 1 week after your surgery.
- Work on your exercises every single day.
- Your goal is to completely straighten (0 degrees) and bend to 90 degrees by your first post op appointment.
- Take frequent short walks around your house or your yard
- Bedrest is not recommended, keep your knee moving
- Pain is your guide. If you are experiencing a lot of pain, it is time to rest.

## TED Stockings (White Stockings):

These are to help minimize the risk of a blood clot. The stockings also help to reduce swelling. Place stockings on after your morning shower, or when first arising from sleep. They may be removed before sleep at night. You are not required to sleep in the TED Stockings. TED stockings can be discontinued 2 weeks after surgery.

## Normal Symptoms after a Knee Replacement:

- **Swelling:** Your entire leg, even the ankle, will be swollen. The swelling usually resolves by 3 months. Icing around the incision is sometimes helpful to reduce swelling, but elevation of the ankle above the level of the heart is most effective.
- **Numbness** to the outer aspect of your incision
- **Bruising**
- **Redness** around incision
- **Warmth** around incision
- Feeling **tired** and fatigued
- **Pain** and Soreness

## **Getting In Touch With Us:**

### **Monday – Friday: 8 AM – 5 PM**

1. Urgent Matters and **Medication refill:**

Contact, Medical Assistant at 520-382-8423

### **Afterhours, Weekends, Holidays for Urgent matters only**

1. On call physician available  
Call Tucson Orthopaedic Institute at 520-382-8200
2. Orthopaedic Surgeons and Physician Assistants are available via our After Hours Clinic. No appointment Necessary.

#### HOURS:

Monday – Friday: 5 PM – 9PM

Saturday: 9 AM – 1 PM

#### EAST TUCSON OFFICE

TMC Orthopaedic and Surgical Tower – First Floor

5301 E. Grant Road

Tucson, Arizona 85712

Phone: (520) 784-6441

#### NORTHWEST TUCSON OFFICE

(2<sup>nd</sup> floor of the Gateway Building)

6320 N. La Cholla Blvd – Suite 200

Tucson, Arizona 85741

Phone: (520) 784-6442

## Home Therapy Videos:

Please type into your web browser:

**[www.TucsonRoboticJointReplacement.com](http://www.TucsonRoboticJointReplacement.com)**

- Click on the “**PATIENT INFO**” tab.
- From there select “**SURGICAL CARE INFO**” tab.
- Review videos created by our Physical Therapy Department regarding common therapy issues at home.
- Copies of our Joint Replacement Handbooks are also available there to review as well.