

## DR. SAYEED POST-OPERATIVE INSTRUCTIONS TOTAL KNEE

1. There is NO driving while on narcotic pain medications.
2. There is NO driving until cleared by Dr. Sayeed. It takes approximately 4-6 weeks after total knee replacement to obtain proper braking strength. Your progress will be discussed at your 2-3 week appointment. The clearance to drive will be given by Dr. Sayeed and is dependent on your progress with regards to your knee strength and range of motion.
3. Pain: Please take your pain medication as directed by Dr. Sayeed while an inpatient in the hospital. You may experience constipation with the pain medication. Please increase your intake of green leafy vegetables, grapes, prunes, and take your stool softening medication as prescribed.
4. You may NOT get your incision wet for 2-3 weeks after your surgical date. At your 2-3 week appointment post-operatively, your incision will be checked. If it is deemed to be healed, your staples or sutures will be removed. Once your staples or sutures are removed at the 2-3 week mark, you may take a shower and use gentle soap/water on the incision. Pat the incision dry, DO NOT RUB/SCRUB.
5. There are NO BATHS allowed until 6 weeks after surgery. DO NOT submerge your incision until cleared by Dr. Sayeed.
6. Watch for signs of infection at the surgical site. These include but are not limited to: redness, swelling, drainage, and increasing pain from the incision site. Also, if you have fevers greater than 38 degrees Centigrade or 100.4 degrees Fahrenheit, chills, or night sweats, please call our office immediately at 210-696-2663 to receive further instructions.
7. Watch for symptoms and signs of a blood clot in the legs or in the lungs. Indications of a deep venous thrombosis (DVT) include but are not limited to calf pain, calf tenderness, and calf swelling. If you experience any of these, proceed to your closest emergency room for evaluation and then contact our office immediately at 210-696-2663 to receive further instructions. Indications of a pulmonary embolus (PE) include but are not limited to profuse sweating, chest pain, chest discomfort, palpitations, shortness of breath, and chest heaviness. If you experience any of these, proceed to your closest emergency room for evaluation, and then contact our office immediately at 210-696-2663.
8. DVT/PE prevention: One of the key mechanisms to prevent a blood clot in the legs or lungs is by walking. It is imperative that you walk daily and perform ankle pump exercises to keep the blood flowing in your leg veins. In addition, **it is critical that you wear your knee high TED/compression stockings every night at bedtime for 28 days after surgery**. You may wash and re-wear your TED/compression stockings every few days. In addition to walking and wearing your compression stockings, **it is critical that you take your Enteric Coated Aspirin 81mg by mouth twice a day for 28 days after surgery**. The Aspirin therapy will aid in the prevention of a blood clot.
9. Physical therapy: Please perform physical therapy as directed by Dr. Sayeed while you were an inpatient in the hospital. You will be given an instruction sheet of exercises by either Dr. Sayeed or the physical therapist to perform between 5-6 times a day. The instructions will include ankle pumps, quadriceps sets, straight leg raises, dangling your leg over the edge of a chair to achieve 90 degrees by 2 weeks after your surgical date.

10. **Stationary bicycle riding:** This will be the key to your success after total knee replacement. At 2-3 weeks after surgery, once your incision is deemed to be healed and the staples are removed, it is imperative that you ride a stationary bicycle 2-3 times a day for 10-15 minutes. As you improve your range of motion and as your pain decreases, you may move the seat closer to the pedals to achieve a greater knee bend. Dr. Sayeed wants to see that you have a successful outcome after total knee replacement. By doing your therapy and riding a stationary bicycle, you will have a higher chance of successfully achieving your range of motion goals and activity goals after total knee replacement.
11. **Dressing changes:** Please perform dressing changes as instructed to you by Dr. Sayeed while you were an inpatient. If you were provided an extra dressing, please change this 1 week after your initial dressing change by Dr. Sayeed, which occurred in the hospital. If the dressing gets saturated or becomes dirty, please contact our office at 210-696-2663 immediately to have your dressing changed.
12. **Follow-up appointment:** Your follow-up appointment has been scheduled for 2-3 weeks after your surgical date. This appointment was made at the time of your pre-operative appointment with Dr. Sayeed. If you have forgotten the date/time of your appointment, please call 210-696-2663 to obtain this information. At this appointment, you will have your incision checked, staples removed, and have a discussion with Dr. Sayeed about your recovery process.