



David B. Cohen, M.D. / Sports Medicine, Knee, Shoulder and Elbow Surgery / 203-407-3518

## **Instructions For: Total Knee Replacement**

### **Prior to Surgery**

We require pre-admission testing by your family physician within 30 days prior to surgery. We must have the results in our office at a minimum 10 business days before surgery. Fax number 203-407-3558, attention Regina.

On the day prior to surgery, Connecticut Orthopaedic Institute at Midstate will contact you to let you know the arrival time for your surgery. This is may be several hours prior to surgery, in order to admit you, shave your knee before surgery, etc.

Bring a book or something to entertain yourself while you wait as it is sometimes a long wait.

**\*\*Please do not shave yourself, as this may increase bacterial growth on your skin.\*\***

### **Day of Surgery**

It is a good idea to wear loose fitting pants to the hospital. Your family may wait with you until you are taken to the holding area. I will see you prior to the procedure, answer any questions, and place my initials on the correct knee.

I will find your family members / friends in the waiting room after surgery. They will be able to see you there within one hour of the surgery in most cases.

### **After Surgery**

In the operating room, your knee will be lightly bandaged and an ice pack will be applied. You will remain in the hospital for one night in most cases. If you are going to stay at a rehab center, they will arrange this in the hospital. You may call a preferred site to arrange this in advance.



You will see a therapist several times in the hospital to start working on ambulation and range of motion.

It is YOUR job to work on STRAIGHTENING YOUR KNEE AFTER SURGERY. WHEN YOU ARE IN BED, PLACE A BLANKET OR TOWEL UNDER YOUR HEEL AND PUSH THE BACK OF YOUR KNEE INTO THE BED. HOLD FOR 10 SECONDS AND REPEAT TEN TIMES EVERY HOUR. THIS IS VERY IMPORTANT AS YOUR KNEE WILL BE MOST COMFORTABLE IN A SLIGHTLY BENT POSITION.

You should also pump your ankle up and down as much as possible to keep blood flowing in your legs and prevent blood clots.

Usually, you will leave for rehab 3 days post-op. You will stay 1-2 weeks.

The rehab staff will arrange for home PT once you are discharged from rehab. When you are able to get to outpatient rehab at STAR PT, you should begin this.

It is important for you to also be doing your exercises on your own three to four times daily to help regain the range of motion of your knee.

Please do not use any ointments or creams on the incision.

You may wet the incision (but not submerge it) once the staples are removed.

I like to see you 3 weeks after surgery in the office. Your staples will be removed at 10-14 days after surgery and steri-strips will be applied. By then I expect your knee to get fully straight and to bend to at least 90 degrees. Work hard!

Please feel free to call our office with any questions or concerns.

Good luck and speedy recovery!!

- David Cohen, MD