



DAVID B. COHEN, M.D.

84 North Main Street Bld#2 Branford, CT 06405 203.483.2024

CALL OUR OFFICE AT 203.407.3518 FOR FOLLOW-UP OR QUESTIONS

DISCHARGE/HOME INSTRUCTIONS
Total Knee Replacement

Patient Name:

Follow up appointment:

- Call your doctor later today or tomorrow to arrange to be seen in 3 weeks if you do not already have one.
- COS Surgical Center wishes you a **speedy recovery**. Please note the following guidelines for your recovery period at home.

DIET:

- Your regular diet may be resumed today. Start with liquids. Drink additional fluids today.
- Avoid alcohol while you are taking your pain pills.

MEDICATIONS: It is normal to experience discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (i.e. Colace) as needed.
- Eat something before taking medication to avoid stomach upset.
- You will be on a long acting narcotic called Oxycontin twice per day for 7 days.
- In addition, you may use a shorter acting pain medication called Oxycodone. Take 1-2 when you are aware of soreness and then every 3-4 hours as needed. Set an alarm clock to wake you up at night to take the medicine during the first few days. It takes 45 minutes to start working.
- You may also be on Celebrex, and Tylenol for pain. Instructions have been provided.
- You will be on either Aspirin or Coumadin for a blood thinner. Dr. Cohen will instruct you on this.
- Remember that the long acting nerve block will wear off in 2-3 days and the pain will increase! Please stay ahead of the pain when the block is wearing off.

DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.

- You may experience drainage. Reinforce as needed. Call your surgeon if you think it is too much.
- Remove dressing in 2-3 days. Please do not use bacitracin or other creams on the wounds.
- Bruising is normal along with swelling.

ACTIVITY:

- Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.
- To bathroom with assistance. Gradually resume light activity.



- Apply ice or cold therapy machine for a minimum one week while awake (30 minutes on, 30 minutes off). You should use it after physical therapy as well.
- You may shower on post-operative day 2- 3 but keep the incision sites covered with either plastic wrap secured with tape or waterproof band-aids. No baths, hot-tubs, or swimming.
- Flex and extend ankle to promote blood flow 60 times every hour when awake. Work on pushing your leg straight.
- Use the CPM bending machine for 6-8 hours a day. Start at 0-60 degrees and advance as tolerated.
- Elevate leg for 24 to 48 hours and if ankle swells. Keep your leg elevated with a pillow under your calf, NOT under the knee.
- Use a walker to ambulate at first, and you may progress to a cane with the guidance of your therapist. Try to get out of bed regularly.
- A nurse will be coming to your house for 2 days you are home. A physical therapist will be coming to your house daily for the first 7 days that you are home. Contact Connecticut Orthopaedics Sports Therapy/Rehab to begin your physical therapy 3 days a week as an outpatient starting the second week you are home.

NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:

- Dressing is too tight.
- Fever above 101°F
- Excessive swelling
- Continued nausea/vomiting
- Uncontrolled pain
- Unable to urinate
- Excessive bleeding
- Infection (red, drainage and/or sore)
- If coldness, numbness or change in color of fingers/toes or skin (hand may be numb for 24 hours after nerve block)

IF YOU CANNOT REACH YOUR DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

_____, M.D. _____
 Patient / Escort

MD OFFICE NUMBERS

- Branford (203) 483.2509
- Milford (203) 882.3373
- Guilford (203) 453.6340
- Orange (203) 795.4784
- Hamden (203) 407.3500
- Wallingford (203) 265.1800