



TOTAL KNEE ARTHROPLASTY DR. ORYHON

PROCEDURE: Total Knee Arthroplasty (TKA)

GENERAL INSTRUCTIONS:

Use pain medication and/or ice packs when your knee hurts. It is advised (but not necessary) to take pain medication before you do your exercises and apply ice packs to your operative knee after exercises. Antithrombotic stockings (TED hose or compression stockings) are highly suggested for 2-4 weeks.

KNEE PRECAUTIONS:

- Do **not** use heat or heat creams on your operative knee/leg.
- Do **not** lie with a pillow under your operative knee for an extended time. You **may** place a pillow under the heel/ankle to promote straightening of your knee.
- Do **not** twist, pivot or jump on operative knee/leg.
- Do **not** immerse the operative knee under water (no baths/pools x6 weeks).
- Do **not** drive until cleared to do so by Dr. Oryhon (typically 3-6 weeks).

PHYSICAL THERAPY/REHAB:

Weight Bearing as Tolerated (WBAT) – use walker as needed
Start ROM Tech Portable Connect rehab bike (if ordered) within 36 hours after surgery and use as instructed.
Your inpatient rehab therapists or home therapists will work on a TKA protocol, exercises include: ankle pumps, quad sets, straight leg raises, supine range of motion, seated range of motion, prone range of motion, terminal knee extension and gait training.

Note: It is important to actively participate in your knee rehab and work diligently on the prescribed exercises. You should continue the exercises on your own even after formal therapy has ended – this should be done for at least 6 months to a year after surgery to promote full muscle recovery, eliminate limp and minimize the chance of injury.

WOUND CARE:

Unless otherwise informed, your incision is closed with absorbable suture – no suture or staple removal is necessary. Skin Glue (Dermabond) covers your incision to protect it while the skin heals – this will fall off with time.
Do **not** use ointments or creams on your operative knee.
Dry dressing change to incision if there is drainage (usually not needed past one week from surgery).
Shower **is allowed** (without covering wound) once wound is completely dry (no drainage on dressing).

MEDICATIONS AND PRESCRIPTIONS:

Tylenol 1000mg every 8 hours for two weeks.
Additional pain medicine as prescribed. See “Medication and Education” section of surgical packet.
Aspirin 81mg twice per day to thin the blood and prevent blood clots in **most** cases for 30 days.
An alternative oral medication (e.g. Eliquis, Xarelto) is sometimes used in higher risk cases.
Colace or similar stool softener as needed for constipation while on pain medicine.
Ferrous Sulfate 325mg each day (iron supplement to combat anemia) for 14 days.
Also refer to the discharge medication reconciliation regarding your other medicines.

CLINIC FOLLOW-UP:

Dr. Oryhon or his PA Sayra will see you for follow-up 3 and 6 weeks after surgery.
If you or your therapist have any concerns before the follow-up please call the office (847) 381-0388.
Refer to our website www.ibji.com/doctors/oryhon-jeremy-md/ for full TKA rehab protocol and other information.
If you are considering going to the ER for a **non-life-threatening issue**, please call Dr Oryhon or his team first.