

Orthopaedic Specialist of Texas

15400 Southwest Freeway Suite 100, Sugar Land, TX 77478
281-565-8800

Timothy Sitter, MD

Total Knee Replacement

Before Surgery

1. You may need to schedule an appointment with your primary care physician to get preoperative clearance. If you are taking a blood thinner please notify your doctor that you have been advised to stop the medication prior to surgery to make sure there are no contraindications to doing this.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex and Mobic up to the day of surgery.
3. Do not eat or drink anything after midnight the night before surgery.
4. Please arrive at the hospital at the specified time.
5. Be prepared to stay in the hospital at least three days. Depending on how you are doing you may need to go to a rehabilitation facility before going home.

After Surgery

1. Bandages may be removed in 4 days after surgery. Continue to bandage area until incision stops draining. You may shower one week after surgery letting water run over the incision, but do not soak in a bath.
2. You may ice and elevate your leg as often as needed to decrease swelling and pain.
3. Perform exercises as instructed by your Physical Therapist on a daily basis.
4. You may walk with a walker putting as much weight as you can tolerate on the knee that has been replaced.
5. If given a CPM machine, continue to use daily starting from 0-30 degrees increasing motion by 5-10 degrees daily as tolerated. This will help you regain your motion quicker.
6. Continue to wear the TED stocking hose that you were given for the first week to help prevent blood clots.
7. You may start taking all of your previous medications after surgery.
8. You will be taking antibiotics for one week after surgery to help prevent infections.
9. You will return to the clinic in 10-14 days after your surgery to get your staples removed and for a post-operative check up unless you are in a rehab facility.
10. You need to start outpatient therapy as soon as you are released from the hospital.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.