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**Dr. George Sutherland**

**Discharge Instructions –UKA / TKA REPLACEMENT**

Your **Follow up Appointment** is scheduled for:

(Date)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Time) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Location)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have been given a script for your **Physical Therapy Appointments**; please call a location of your choice to schedule for the first weekday after returning home.

***Medications***: Take all medications as directed follow the instructions on the “Pain Medicine” sheet attached.

***Diet and Fluids:***

* Eat a well balanced diet to include all of the basic food groups (fruits, vegetables, whole grains, meat and fish)
* Foods rich in Vitamin C and protein will help the healing process
* Drink 6-8 glasses of water to stay hydrated and minimize constipation. Take an over-the-counter stool softener listed on the “Pain Medicine” sheet, if needed.

***Hygiene / Wound Care:***

* Keep your incision clean and dry.
* A waterproof Aquacell dressing is provided and stays on unless saturated.
* On day 3 \_\_\_\_\_\_\_\_\_\_\_\_, take everything off except brown Aqacell dressing. You may shower after, then daily after that.
* Do NOT submerge in a tub, pool or hot tub.
* Do NOT apply lotions, ointments or salves to your incision until you have seen Dr. Sutherland at your post-op visit, and he advises that this is ok.

***Activity:***

* Do NOT drive until directed by Dr. Sutherland. Usually 4-6 weeks after surgery.
* YOU ARE WIEGHTBEARING AS TOLERANTED unless otherwise instructed by Dr. Sutherland.
* Elevate your foot above heart level to minimize swelling. Sitting in a recliner is not true elevation, lay flat.
* Place pillow under your ankle and foot when elevating.
* Ice 4-5 times daily for 20 minute intervals to minimize swelling and pain.
* **Wear your compression stockings continuously for 6 weeks; this prevents the chance of blood clots**.
* You may wean yourself off your walker as you see fit, as long as you are steady.
* You will attend physical therapy 2-3 times a week for 6-8 weeks.
* Perform your exercises as instructed by therapy every day.

***Complications to Watch for, and Call Jennifer at (803) 881-9172 if:***

* Fever over 101 by mouth
* Pain increasing in intensity rather than decreasing and not relieved by the medication ordered
* Increased redness, warmth, hardness, or pus (creamed color) discharge from your incision
* Excessive calf swelling
* Calf or thigh pain or tenderness, swelling, redness, warmth
* If you experience chest pain, shortness of breath or difficulty breathing call 911



**Dr. Sutherland’s**

**PAIN MEDICATION LIST**

**Primary Pain Medications given after surgery:**

**-Hydrocodone (Vicodin, Norco, or Lortab)**

**-Oxycodone (Percocet)**

Follow the instructions on the bottle for these given medications. If the medication is not easing you pain as prescribed you may take 1 pill every 4 hours or 2 pills every 6 hours. DO NOT take it more than this, as serious health problems may arise.

If you are not taking a blood thinner or Celebrex, You may also take 2-3 Ibuprofens (Advil or Motrin), 200mg tablets every 4 to 6 hours.

**Side effects of Pain Medication:**

-Constipation: Take whatever works for you. There are some options below:

* Prune Juice
* Senekot
* Miralax
* Colace

-Nausea: If you were given a prescription for Zofran/ Phenergan, take as prescribed. If you we not given a prescription, call (843) 705-9401.

**For surgeries of larger magnitude, you may have been given Celebrex (200mg).**

-Take 1 Celebrex daily. Do not mix Ibuprofen (Advil, Motrin, ext.) if you were given Celebrex.