

OrthoWertz at Cushing

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Total Knee Instructions

1. Do not change dressings for 1 week and only if needed. It may stay on until first postop visit. Use sterile 4x4s, ace wrap and or tape. The 4x4s can be purchased from a Pharmacy. Do you not touch wound and or staples/sutures. Call the office for a dressing change appointment if you do not feel comfortable or if there is a lot of drainage.
2. You can shower 5 days after your surgery as long as it is sealed off by the Tegaderm. Use a trash sack and/or saran wrap to cover tegaderm so it does not get wet.
3. Work on your exercises and motion daily at home on your own.
4. Do not take aspirin, Advil, Aleve, ibuprofen, naproxen, or other anti-inflammatories while doing your Lovenox injections. You may resume these medicines once your Lovenox injections are completed.
5. Wear your white TED hose daily until Dr. Wertzberger says you can stop. These help reduce swelling and help prevent blood clots.
6. Do not drive until you are cleared to do so by Dr. Wertzberger
7. You will be given a prescription for narcotic pain medicine (hydrocodone or oxycodone). Use these as needed, especially before therapy so you can participate in therapy. However, as your pain improves, taper the amount of pain pills down to avoid side effects. These pills cause sedation, confusion, and constipation. The less you need, the better.
8. Take a stool softener like Sennakot or Colace daily to offset constipation from the pain pills. Use Milk of Magnesia if you have not had a bowel movement in over three days.
9. Make an appointment to see Dr. Wertzberger on_____ Call the office at 913-651-7151 to schedule this post-op visit.
10. Please call the office at 913-651-7151 for any questions or concerns. Notify us immediately if you develop a fever over 101 degrees, your wound turns red, splits open, or starts draining; or if you develop leg swelling, chest pain, and any difficulty breathing.
11. Additional Instructions:_____.