

TOTAL KNEE REPLACEMENT POST OPERATIVE CARE

- Your knee has been closed with a subcuticular (under the skin) stitch. At each end of the dressing in general terms will be left intact until 10 days after the surgery. At this stage the dressing can simply be removed and the steri strips washed off in the shower. At either end of the wound a small piece of thread will be through the skin. Gentle pulling on the thread and cutting level with the skin will remove the tag of thread. The thread is not to be pulled through the wound.
- A knee often remains warm for 6 weeks to 3 months following a total knee replacement. If the knee is bending well and the wound is well healed then slightly increased warmth in the knee is not of concern.
- Swelling is also very common following a knee replacement. If the knee remains swollen and again continues to bend well this should be considered normal. Early on in the recovery period it would be reasonable to use ice over the wound. Numbness is also common particularly along the lateral (outside) edge of the leg. This occurs as nerves running across the knee are cut. This usually settles down with time as other nerves regrow to supply the damaged area.
- It is recommended that all patients wear compression stockings and take Aspirin for 6 weeks post surgery. The benefits of Aspirin against blood clots are not entirely clear but the benefits of Aspirin with heart complications aren't very clear. Based on this I recommend that you continue Aspirin and compressions devices until 6 weeks post surgery.
- It is also of note that the Australian Arthroplasty Association recommends that patients do not drive for 6 weeks post total knee replacement.

Ring my rooms for A REVIEW AT 6 WEEKS IF THERE ARE ANY CONCERNS TO DISCUSS.
If there are no issues I would like to see you at 12 months.