Dr. Gustav Fischer
Total Joint Replacement
After Knee Surgery Instructions

MULTNOMAH
ORTHOPEDIC CLINIC
503-231-1426

Day of Surgery

1. Relax and elevate the leg while at rest.
2. Resume your regular diet as tolerated and stay well hydrated.
3. Use ice to the surgical site as needed to control pain & swelling.
4. Use a walker to help with gait and balance.
5. Begin taking your medications on a regular schedule to meet your needs to rest and mobilize. Start anticoagulants (Aspirin, Eliquis, etc.) with breakfast the day after surgery.

Post-op Day 1

1. Continue use of ice to the surgical site as needed. You may remove the ACE wrap.
2. Consider rewrapping the ACE if swelling evolves to include the foot, ankle, and calf.
3. You may shower leaving the Mepilex silver dressing in place. You can take this dressing off after 7 days. Shower with soap and water, no scrubbing the incision and pat dry lightly.
4. If the dressing becomes saturated or starts to come off, it is OK to take off and leave open to air. No topicals or ointments should be applied.
5. If there is discharge from the incision, notify the office 503-231-1426, option 4.

Post-op Day 2

1. Continue use of ice to the surgical site as needed.
2. Walking should be limited to 500-1000 steps per day.
3. Work on Range of Motion exercises 3 times a day.
4. Physical therapy should start within 1 week after surgery.

- You can bear full weight on the affected leg as tolerated. It is important to use a walker or cane to prevent falls and reestablish a normal gait pattern. Most patients use a walker for 1-2 weeks and then transition to a cane or walking stick. Your improving gait pattern will be your guide to discontinuing use of a walking aid.
- Swelling, warmth, and redness around the surgical site are common. Bruising may also be present at the surgical site or further down the leg. Ensure the incision stays clean and dry.
- No driving until cleared by your surgical team.
- Unless emergent, it is best to avoid dental work or other invasive procedures for 12 weeks after a total joint replacement.
- Please call with questions anytime. The answering service will direct you after hours.