

POST-OPERATIVE INSTRUCTIONS OUTPATIENT KNEE REPLACEMENT

At your preoperative consent visit, medications for after surgery will be sent to your pharmacy. These can (but will not always) include:

Consider all of the medications in different categories:

Pain

Journavx (a non-opioid)

Oxycodone (pain medication, only to be used for breakthrough pain)

Gabapentin (a nerve medication, used at night to help with sleep)

Anti-Inflammatories

Tylenol

Prednisone

Celebrex

Colace (to be taken with pain medication, to prevent constipation)

Pantoprazole (to be taken with anti-inflammatories to protect against stomach ulcers)

Aspirin (to prevent blood clots)

Please pick these medications up prior to surgery so you will have them at home after your surgery. Please review this list, and make the doctor and/or staff aware of any allergies or issues you have with these medications, or any contraindications. This is very important.

Prevention of blood clots (DVT) after surgery (VERY IMPORTANT!):

After surgery, it is very important that you begin aspirin 81 twice a day the day after surgery to prevent blood clots. Blood clots can be a major complicating problem after a knee replacement so it is very important to take this medicine as prescribed. It is also helpful to walk as much as possible to help keep good blood flow.

If you already take a blood thinner, restart your normal blood thinner as prescribed the day after surgery. Normally, this will be discussed with your primary care physician and/or cardiologist prior to surgery.

IF YOU HAVE A HISTORY OF BLOOD CLOTS...

If you have a history of previous blood clots, you will be started on **Eliquis 2.5 mg twice daily**.

NERVE BLOCK

You will get a nerve block the morning of surgery. This provides pain relief for after surgery. These normally provide significant early pain relief, and tend to last 24-72 hours. However, do not wait for your nerve block to wear off. Begin taking medicines as prescribed once you get home so you will not fall behind and have issues with pain control.

I will also inject *EXPAREL* (a numbing medicine designed to further provide pain relief) into the knee at the time of surgery which also helps with post operative pain control.

PHYSICAL THERAPY

Physical therapy is a very important part of the recovery process. Therapy needs to be set up **prior to your surgery** and starts the week of your surgery. Most of the time, home health is set

up prior to surgery and includes a therapist coming to your house for the first 1-4 weeks. After this, you will begin outpatient therapy.

After surgery, you will have a walker to help with your walking. Please make sure this has been arranged prior to surgery so it will be at your house after surgery.

At the time of surgery, you will have an ice machine placed on your knee under the surgical dressing. This is known as cryotherapy. This helps greatly after surgery with swelling, inflammation, and pain.

You will have a follow up appointment scheduled for **one week** after your knee replacement.

Please contact office directly, with any questions or concerns.

We understand that the medications can be confusing and overwhelming. There are a lot of medications, and they need to be taken precisely. They are designed to hit multiple pathways to limit post operative pain. As such, here is a breakdown of how to take the medications. And as always, if you have questions, call the office.

Night Before Surgery:

If taking Journavx, take “loading dose” the night before surgery, on an empty stomach. This is very important!

Day of Surgery:

Take your second dose of Journavx the morning of your surgery, ideally about 12 hours after your loading dose, or first dose you took the night before.

Day after Surgery:

Aspirin 81 mg AM and PM (prevents blood clots)

If you have a history of previous blood clots/DVT/PE, you will begin ELIQUIS 2.5 mg BID

If you already take ELIQUIS or any other blood thinner you will resume your normal blood thinner

Tylenol 1000 mg every 8 hours (anti-inflammatory)

Celebrex once in the morning (anti-inflammatory)

Prednisone once in the morning (anti-inflammatory)

Pantoprazole once in the morning (protects stomach)

Colace AM and PM (prevents constipation while taking pain medication)

Journavx (non-opioid pain medication) take AM and PM (every 12 hours)

Oxycodone (pain medicine) do not take unless you need to; this is a breakthrough pain medication only

Use walker to help get around. You do not want to fall.

Use cryotherapy (ice of any form) at least once per hour. Do not put directly on skin.

Do not place a pillow underneath your knee. Place a pillow underneath your heel to help work on straightening the leg.

Ok to shower, just need to keep the leg/dressing dry.