

**Michael S. Bogard, DO**  
**ORTHOPAEDIC SURGEON**  
Sports Medicine Specialist

**POSTOPERATIVE INSTRUCTIONS**  
**Total Knee Arthroplasty**

\*\* Please note that the instructions provided below are general guidelines to be followed; however, any written or verbal instructions provided by Dr. Bogard or his staff supersede the instructions below and should be followed.

**PLEASE READ THESE INSTRUCTIONS COMPLETELY AND ASK FOR CLARIFICATION IF NECESSARY - DIRECT QUESTIONS TO YOUR NURSE BEFORE LEAVING THE SURGERY CENTER OR VIA PHONE/EMAIL TO DR. BOGARD'S STAFF AFTER ARRIVING HOME**

**DIET**

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

**WOUND CARE**

- Maintain your operative dressing - keep in place, Dr. Bogard and staff will remove at first post operative visit.
- It is normal for the incision site to have a small amount of bleeding that may be visible through the dressing. Call the office if the bleeding persists and the dressing becomes completely saturated
- To avoid infection, keep surgical incisions clean and dry – you may shower with the dressing in place, pat to dry.
- You may begin to shower immediately.
  - DO NOT place wounds under water (in bath or pool) until instructed by Dr. Bogard's office.

**MEDICATIONS**

- Local anesthetics are injected into the incisions and knee joint at the time of surgery. This will wear off within 8-12 hours and it is common for patients to encounter more pain on the 1st or 2nd day after surgery when swelling peaks.
- Most patients will require some narcotic/opioid pain medication for a short period of time – this can be taken as per directions on the prescription.
- Common side effects of the pain medication are: nausea, drowsiness, and constipation. To decrease the side effects, take the medication with food. If constipation occurs, consider taking an over the counter laxative.
  - If you are having problems with nausea and vomiting, contact the office.
  - DO NOT drive a car or operate machinery while taking narcotic medication.
- If you are having pain that is not being controlled by the pain medication prescribed, you may take an over the counter anti-inflammatory medication such as ibuprofen or naproxen in between doses of pain medication. This will help to decrease pain and the amount of narcotic medication required.
  - Please take as directed on the bottle.
- Take EITHER your home medication blood thinner OR 81mg Aspirin twice daily for 6 weeks following surgery to lower the risk of developing a blood clot after surgery. Please contact the office should severe calf pain occur or significant swelling of the calf or ankle.

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- Dr. Bogard and his staff will direct you on when to resume your home blood thinning medication if that is prescribed

## **ACTIVITY**

- Use your front wheel walker to assist with walking – you are able to bear as much weight as tolerated on operative leg unless otherwise instructed.
  - You will continue to use walker until seen by Dr. Bogard at initial post operative visit
  - It is advised you have some assisted device (walker, cane, etc) for the first 6 weeks to protect yourself from falling
- Avoid long periods of sitting (without leg elevated) or long distance traveling for the first 2 weeks following surgery.
  - DO NOT drive until instructed by Dr. Bogard.
  - May return to sedentary work ONLY 1-2 weeks after surgery, if pain is tolerable.
- Full knee extension (straight leg) is the most important range of motion to achieve/maintain immediately after surgery.
  - When resting, place a pillow under your HEEL, not behind your knee. This will facilitate full extension

## **ICE THERAPY**

- Icing is very important in the initial postoperative period and should begin immediately after surgery.
- Use ice packs for 40 minutes every 2 hours daily until your first postoperative visit – remember to keep leg elevated to level of your chest while icing. Care should be taken with icing to avoid frostbite to the skin.
- If you have opted for the BREG Polar Care Wave cold/compression therapy unit, please follow the directions as directed.
  - More information with instructional video can be found at:  
<https://www.breg.com/products/cold-therapy/devices/polar-care-wave/>

## **EXERCISE**

- Begin exercises 24 hours after surgery (straight leg raises, quad sets, heel slides, and ankle pumps) unless otherwise instructed.
- Discomfort and stiffness is normal for a few days following surgery.
- Complete exercises 3-4 times daily until your 1st post-operative visit – your progress will be monitored by the home therapist
- Perform ankle pumps continuously throughout the day to reduce the risk of developing a blood clot in your calf.
- Formal physical therapy (PT), first begins with a home therapist followed by outpatient PT. A prescription and protocol for outpatient PT will be provided at your 1st post-op visit.

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## **\*\*EMERGENCIES\*\***

- Contact Dr. Bogard's office at **858-524-7000** if any of the following are present:
  - Painful swelling or numbness (note that some swelling and numbness is normal)
  - Unrelenting pain
  - Fever (over 101° - it is normal to have a low-grade fever or chills for the 1st day or 2 following surgery)
  - Redness around incisions
  - Color change in foot or ankle
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting
  - Calf pain
- If you have an emergency after office hours or on the weekend, contact the office at **858-524-7000** and you will be connected to our pager service.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

## **FOLLOW-UP CARE/QUESTIONS**

- If you do not already have a post-operative appointment scheduled, please contact our scheduler at **858-524-7000** to schedule.
- Typically the 1st post-operative appointment following surgery is 10-14 days following surgery
- Your 1st post-operative appointment will be scheduled with Dr. Bogard, he will do a wound check, go over therapy protocols and answer any questions you may have about the procedure.
- If you have any further questions please contact **858-524-7000**.
  - Non-urgent questions after hours or on the weekends can be best sent via email to: **info@bogardortho.com**