

## **Total Knee Replacement Discharge Instructions**

### **Care of the Surgical Site:**

- You will have an incision along your knee joint that will be covered with a special dressing (Aquacel) the day you leave the hospital.
- The dressing stays on for about 5-7 days and will be changed at your 1-week follow up appointment. The second dressing will stay on for another week until you are seen by your surgeon to have your staples removed.
- You may shower using a shower chair with the dressing on, however no tub baths, swimming, or hot tubs.
- Try to refrain from picking at the dressing to ensure it lasts the week it is on.
- Take over-the-counter or prescription medications for pain, discomfort, or fever only as directed by your caregiver.
- Use ice on knee to help with discomfort 3-4 times a day for about 20 minutes.

### **Diet:**

- There is no change in diet required; however, it is recommended to eat lighter meals if you are feeling nauseated such as soup, toast, tea, ginger ale.
- To prevent constipation drink plenty of fluids, including 3-5 8 ounce glasses of water daily, and increase your fibre intake with fruits, vegetables, and bran. If you have a stool softener on your prescription, take it as directed.

### **Activity:**

- Continue with your physiotherapy exercises at home.
- Follow instructions for getting in and out of bed safely.
- Take extra care on stairs and remove loose rugs and tripping hazards.
- Use walker as instructed to you while in hospital.
- Avoid lifting or driving until instructed by your surgeon.

- Rest often, but move around as much as you can tolerate as movement helps you to heal and prevent blood clots and reduce swelling in your joint.

**Follow-Up:**

- You will receive 2 follow-up appointments when you leave the hospital:

**In 1 week:**

- You will be seen by a nurse for a dressing change
- You will not see the surgeon during this visit

**In 2 weeks:**

- You will see the surgeon during this visit
- Your staples will be removed
- Ask your surgeon about when you can return to work and any restrictions needed during this visit

Both of these appointments will be in the Ambulatory Care department at the hospital (located in the South building. For easy access, park in the South parking lot).