



What to expect when you are having Knee replacement surgery.

**Before Surgery:**

- If you have a heart condition, you must obtain cardiac clearance from your cardiologist before you will be scheduled for surgery.
- Kelly, our surgery scheduler, will call you to schedule surgery.
- The Hospital will call you 1 week prior to surgery. If you have not received a call, please call **(512) 697-3574** to reach the pre-op clearance department at the Hospital at Westlake. Tell them you need pre-surgical instructions.
- If you take any blood thinning medications such as Coumadin/Warfarin, Plavix, Lovenox, any anti-inflammatory like ibuprofen (Advil, Aleve, etc) or aspirin, please stop taking these medications 1 week prior to your surgery. If you have any questions about any of your medications, please contact the prescribing physician. If you continue to take these medications, your surgery may be postponed.

**Day of Surgery:**

- Do not eat or drink anything after midnight the day before surgery.
- You will receive 2 prescriptions after surgery: 1 for pain, and 1 antibiotic. You will also have arrangements made for Lovenox 40mg to be available to you for the 10 days following your surgery. Take the antibiotic as directed for 3 days until they are finished. Your prescription for pain will have 1 refill. Nausea is a common side effect of this pain medication. If you experience nausea, take it with food in your stomach. After your refill, you may take over-the-counter NSAIDS for pain relief, or call the office at (512) 329-6644.
- Your procedure is in-patient surgery, so you will be admitted to the hospital following the procedure for monitoring and recovery. The typical stay is 2-4 days.

**In the Hospital:**

- You will receive 24 hour care at the hospital. Your surgical pain will be treated with the PCA (patient controlled analgesia) machine, and oral medications.
- You will begin physical therapy the 1<sup>st</sup> day after surgery unless otherwise instructed.
- A Hospital case manager will visit with you to set up home health for rehabilitation at home. This will last for 3-4 weeks.

**After Surgery:**

- Keep the incision clean and dry for 1 week. Do not submerge or get it wet. We will change the dressing when you follow up with the office in 7-10 days. Unless otherwise instructed you may shower after this time.
- After 6 weeks from your original surgery date, you may develop a blemish/blister at the incision site. This is a stitch abscess, which is a reaction to the dissolvable suture material that is used to close the incision. This blister may be opened and cleaned with peroxide, and covered with a band-aid.
- If you notice significant swelling in your calf with pain that is not relieved by pain medicine, please notify our office immediately as this could be a sign of a blood clot.