

## Total Joint Home Care/Discharge Instructions

**1. Discharge Diagnosis: TKA**

**2. Diet:** Regular

**3. Activity:**

- Exercise program per Physical Therapy. Review handouts.
- No tub baths
- Showering OK; keep incision covered until OK with doctor
- Lift nothing greater than 20 pounds
- Driving: You may start driving after your 1st post-op visit with the surgeon and when you are no longer requiring pain medication.
- Refer to discharge education handout for instructions on dressing change, showering, activity & pain control.

**4. Special Instructions:**

- Dressing change instructions: If bandaid type of dressing, keep dressing on until staple removal. Change if the dressing becomes saturated.
- Schedule appointment for staple removal 10-14 days Post Op.
- If home therapy: Physical Therapy to remove patient staples on Post Op day 10-14,
- Ted hose: Wear for 4 weeks: May remove at night
- Ice packs or "Polar Care" ice machine at home; on 1 hour, off 1 hour.

**5. Physical Therapy:**

- Patients should set up outpatient Physical Therapy to start 1 -2 days after discharge.
- Weight as tolerated on the operative extremity unless otherwise instructed.
- Duration will be 1 to 3 months depending on progress.
- Home Physical therapy may be considered based on your home situation and ability to get to outpatient Physical Therapy.

**6.**

Supplies/Equipment	Vendor	Phone	Comments
Walker			
If CPM ordered			Several hour per day, increasing flexion as tolerated. Use for up to 4 weeks.

**7. Call your physician if:** \* Excessive bleeding or drainage \*Swelling, tenderness, redness, red streaks or a yellow/green discharge at the incision site \* Excessive pain or swelling in the hip, leg, or calf that is not relieved by rest, elevation of the leg or prescribed medication \* Any abnormal shortness of breath

**8. Follow-up appointments:**

Name	Instructions	Date/Time	Phone
Dales		1 Month	503-661-5388