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POSTOPERATIVE INSTRUCTIONS – UNICOMPARTMENTAL KNEE ARTHROPLASTY/TOTAL KNEE ARTHROPLASTY

MOVEMENT

You can walk and bend your knee as much as tolerated. Use your crutches as needed for the first week. Do not go for long walks or stand on your feet for extended periods of time. This will cause swelling and pain.

CONTINUOUS PASSIVE MOTION (CPM) MACHINE

Begin utilizing the CPM machine on post-op day 0 and use daily for 4-6 hours. Start with the machine set to 60° of knee flexion. Increase by 10-15° daily as tolerated. There is no limit in regards to total flexion, progress as tolerated.

ICE

An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

If you did not receive an ice machine, you can utilize regular ice at intervals of 20 minutes at a time – keep your dressing clean and dry.

In addition to icing your knee, elevate your knee so your toes are above your nose. This elevates your knee above your heart and will help reduce swelling.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. leg). To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.

You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

Please take 81mg of Aspirin twice daily for the first 2 weeks after surgery to prevent blood clot (DVT).

DRESSING/BANDAGES

Keep your dressing clean and dry. We will remove dressings at your first post-op visit. Use a plastic bag to cover your dressings when showering.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

APPOINTMENT

We will see you in follow up one week after the surgery to evaluate the incision and begin physical therapy.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.