



Postoperative Instructions for Total Knee Arthroplasty

GENERAL POSTOPERATIVE INSTRUCTIONS: It is important that you keep your dressing in place, and keep the area clean and dry until your postoperative appointment in my office.

- Weightbearing as tolerated.
- Non-weightbearing on the operated leg until changed by Doctor.
- Move your foot up and down to prevent formation of blood clots.
- Wear Support Hose as directed.
- Use Continuous Passive Motion Machine (CPM) to tolerance, and try to reach a setting of 90 degrees within 10 days of your surgery.
- Inject Lovenox, one subcutaneously twice per day until gone.
- Take Cipro, one tablet twice per day until gone to prevent infection.
- Take your pain medication as prescribed.

1. Keep your follow-up appointment on: _____.
2. OTHER: _____

3. Please do not hesitate to call my office at: (559) 432-3374 if you have any questions or problems.
4. Should you develop an urgent problem and cannot reach me, go to an emergency room or call 911.