

THE
KNEE
WORLD



Knee
Sports Medicine
Joint Replacement

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DISCUSS

- Weight Bearing
- Bracing
- ROM Restrictions
- Walking Aids

AFTER SURGERY

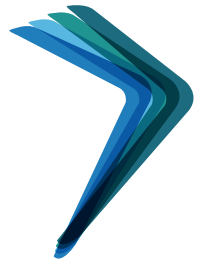
ON DISCHARGE

You MUST be able to:

- Get in and out of bed by yourself.
- Eat, drink, and use the bathroom on your own.
- Have an acceptable level of pain control.
- Perform basic exercises (as taught by our team).
- Walk comfortably with assistance on level surface.



AFTER SURGERY



This pamphlet is intended to provide information. It is not a substitute for advice from Dr. Waghchoure

DISCUSS

- Cryotherapy/ Ice packing
- DVT stockings
- No Tobacco consumption
- No Floor based activities

INFORM URGENTLY IN CASE OF

- Persistent fever or chills
- Excessive pain in knee/leg
- Increasing redness or swelling of knee
- Drainage from your wound
- Breathlessness or chest pain

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POST-OPERATIVE GUIDELINES

Do not eat or drink anything till_____.

- Start with a few sips of water. If there is no vomiting sensation then you can have some more. Liquids like juice and tea can be taken half an hour thereafter. If everything is OK you can have soft food an hour later.
- Although there is no restriction on eating, it is better to eat light and easily digestible food such as rice, curd, vegetables etc. Oily, fried and non-vegetarian food is best avoided in the first 2 days after surgery. If you are on any special diets (diabetic, salt restriction), please stick to the same.
- Drink plenty of fluids to replenish fluid lost during surgery and to flush out medicines that are administered.
- You may take a pillow under the head but no pillow under your knees. You can turn on both sides.
- Please inform the nurse when you pass urine for the first time after surgery (or in case of inability to do so).
- An exercise program will be started by the physiotherapist, as instructed by us, on the same or following day after surgery.
- A bath can be taken regularly but the surgical site must be kept dry. Do not wet the dressing. (Ask Dr. Waghchoure for tips!)
- Use a western commode at least till the next follow-up.
- In case you are diabetic, hypertensive or have other pre-existing issues, consult your physician after surgery without fail.

Discuss your medications on discharge.

RESUMING NORMAL ACTIVITIES

Work: Depending on your job and speed of recovery, you can return to work once the knee feels comfortable in 4-6 weeks.

Driving: Driving can be resumed when your strength and reflexes return to a more normal state, which may take up to 6 weeks.

Sports: Individual assessment will decide return to amateur and professional sports. Discuss this with Dr. Waghchoure.

Please follow up for a dressing review on _____.