
Discharge Instructions

Medications

- Coated aspirin (Ecotrin 325 mg) one tablet twice each day with food for **one month** to prevent blood clots.
- If you are taking aspirin, you should also take four fish oil tablets once a day for **one month**.
- Do not take aspirin or fish oil if you are sent home on another blood thinning medicine such as Coumadin, Xarelto or Eliquis.
- Take your other medications as written on the Medicine Reconciliation form from the hospital.
- Take an over the counter **stool softener** like Miralax, Milk of Magnesia, suppositories or a Fleets enema every day while on pain medicine to decrease constipation.
- See the separate Pain Pill handout.

Activities

- Wear the TED stocking for two weeks after knee surgery on the operated leg.
- Shower when you feel safe. You may let water run over your incision. Do not sit in a bathtub.
- Elevate legs while sitting.
- You may drive when you feel safe, which is usually three weeks after surgery.
- You may progress to a cane and then off the cane as you feel safe. I would prefer that you use a cane for four weeks.
- Change the dressing once a day and as needed.
- Do not intentionally try to start walking miles daily for exercise. This will increase your pain and swelling while interfering with bending your knee after knee surgery. It could interfere with the bone growing to the implant to stabilize it, for long term function after hip surgery. Just do normal activities.

Exercises

- See exercise sheet.

What to Expect

- Swelling, warmth and bruising is common in the entire leg all the way to the foot for two months.
- Fatigue – you will be worn out for a month.
- Sleep – you will not sleep through the night for a month.

Call the Office For

- Temperature over 102 degrees.
- Increased drainage, redness and pain from the incision.
- Chest pain or shortness of breath, **call 911**.

Follow-Up Appointment

- You will receive a follow-up appointment card before leaving the hospital.

Supplies

- Supplies are available online at **OrthoIndy.com/OrthoStore**.