

## SPECIAL TOTAL KNEE INSTRUCTIONS

1. Full extension at the knee is the most important aspect of your range of motion. Avoid placing a pillow or bump behind the knee. Rather, place the heel up on a bump or pillow and allow gravity to help straighten the knee.
2. You may weight bear as tolerated on the knee and during the day you should bend the knee as much as possible.
3. Drainage from the incision more than 4 days from surgery is concerning. Contact my office if there is any question  [\(804\) 288-1802 ext. 11073](tel:8042881802).
4. Steps to take for knee drainage :
  - a. Keep the knee fully extended, avoid knee flexion beyond 45 degrees until the drainage stops.
  - b. Apply gauze dressing over the incision followed by an ace-wrap applied snugly
  - c. Hold physical therapy
  - d. If the wound continues to drain after 4-6 hours, call the office and hold all blood thinners.

If you have questions or concerns, please call Dr. Robertson's staff

Phone  [\(804\) 288-1802 ext. 11073](tel:8042881802) Fax  [\(804\) 968-1816](tel:8049681816)