



## Total Knee Replacement – Post-op Visit 1 Instructions

- Continue to use the prescribed anti-coagulant to reduce your risk for developing a blood clot.
- You may get your incision wet but do not soak it or scrub it or let the water beat directly on it. One month after your surgery, you can have the incision under water and use scar creams and lotions on the incision.
- You may go out in the car as you are comfortable. You may not drive while you are still taking narcotics. Before driving, you must be confident that you can operate your vehicle.
- Continue to increase the amount of walking you do. You should be working toward getting out of the house for a 20 to 30 minute walk each day.
- Continue your home range of motion and strengthening exercises.
- You can walk with one crutch or a cane on the opposite side of your new knee. When you feel comfortable, you can begin to go without the cane or crutch. If you find yourself limping, please go back to using the cane or crutch.
- Remember that you will need antibiotics for dental work. Do not schedule routine dental work for at least two months after your surgery.
- Please make an appointment to see me in three weeks.
- Call with questions. (804) 288-3136, Extension 11050.



**Stronger  
starts  
here.**

### Harry J Shaia, MD

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