

## **Partial Knee Replacement Post Operative Protocol**

### Post Op Day 1

- CPM Machine in recovery room.
- 2-3 hours post-op, walk partial weight bearing as tolerated with walker and therapist.
- Discharge in 24 hours.

### Post Op Day 2-3

- Knee bending as tolerated.
- Ambulate with a walker.

### Post Op Day 4

- Knee exercises 3-4 times per day.
- Advance to cane for walking.

### Week 1 – Goals

- 90 degrees of flexion (knee at right angle).
- Wean from cane.

### Week 2 – Goals

- Return to doctor's office for clip removal – 14 days post-op.
- Resume driving and stair climbing.
- Continue exercising and physical therapy.

### Week 6 – Goals

- Return to normal activities of daily living.
- Avoid aggressive activities and sports (running, heavy work, etc.)

### Notify doctor for the following:

- Temperature over 101.5 degrees.
- Excessive bloody wound seepage.
- Severe mid-calf tenderness or swelling.
- Numbness in the leg.
- Shortness of breath or chest pain.

### Blood Clot Prevention

- Exercise foot and ankle.
- Bend knee.
- Wear long leg stockings – 4 weeks.
- Take 1 baby aspirin per day (unless allergic or on Coumadin)
- Keep legs moving and elevated.

### Pain Relief

- NSAID
- Tylenol
- Light narcotic if needed
- Ice