

INSTRUCTIONS FOR PATIENTS FOLLOWING KNEE REPLACEMENT

Wound

Keep dressings on the wound and keep wound dry for 7 days or until there is no further discharge from the wound. If the dressing gets wet it should be removed and changed. It is normal to have some redness around the wound. It does not necessarily signal infection. However if you experience fever, sweats or any significant discharge from the wound then you should contact your doctor, the hospital or Dr Graham immediately.

Walking and Exercises

You will be given exercises before your discharge from the hospital. You should continue these exercises at home. You may put full pressure on the leg ***unless otherwise advised***. You may need the use of a walking stick or crutches in the first few weeks after surgery.

Driving

You should not drive until you have been reviewed by Dr Graham after your surgery.

Pain

It is normal to experience pain after any knee surgery. The amount of pain experienced varies between individuals and the type of surgery performed. Please make sure that you have been given some pain medication on your discharge from hospital. Take the medication as prescribed and as required.

Warning Signs

Contact Dr Graham, the hospital or your family doctor if any of these signs develop:

- * fresh bleeding from the wound.
- * discharge from the wound.
- * temperature, fever and chills.
- * pain in the calf.
- * shortness of breath.

Dental Work

Please be aware; any dental work where there is a risk of blood borne contamination will require antibiotic cover (provided by your Dentist) for 12 months after surgery.