

TOTAL KNEE REPLACEMENT SURGERY

Recovering at Home

At Tallahassee Memorial HealthCare (TMH), we're here to help you get back on your feet. After your total knee replacement surgery, our goal is for you to leave the hospital and reclaim your quality of life in the comfort of your own home. At our state-of-the-art M.T. Mustian Center, you can have a total knee replacement surgery, spend only one night in the hospital and go home the next morning.

That's right, you will be discharged to go home by 11 am the next morning.

A shortened length-of-stay in the hospital means more aggressive physical therapy at home and better outcomes for patients. Please coordinate transportation and be prepared to go home by 11 am the morning following your total knee replacement surgery.

Here's a quick guide of items you will take home after surgery:



LEG RAISER UPPER PILLOW (LRU)

Elevates the leg to help reduce swelling. Assists in keeping the knee straight. Use six hours a day. Intermittent use is recommended. Observe correct placement of leg and pillow. Heel of foot suspended just beyond the end of pillow.



JETSTREAM COOLING THERAPY UNIT

Used to help reduce swelling and pain. Use one hour on and one hour off, five times a day. Use for 4-6 weeks. Always apply a barrier, like a washcloth or pillowcase, between the skin and cold therapy pad to protect skin from injury.



INCENTIVE SPIROMETER (IS)

Used to prevent pneumonia. Complete 10 repetitions every hour while awake. Inhale deeply and slowly, remove IS from mouth, hold breath for 3-5 seconds, exhale. When you become more active, you can discontinue this device.



COMPRESSION STOCKINGS

Use for six weeks. First two weeks to be worn night and day. After the first two weeks, wear stockings in daytime and take them off before bedtime. Take them off to shower and launder them. You may take them off a few times a day for one hour at a time if uncomfortable.



ROLLING WALKER

Used temporarily after surgery for an average of 2-3 weeks.
Note: Do not pull on the walker when coming to a standing position.