

Dr Peter D'Alessandro

MBBS Hons. (UWA) FRACS FAOrthA
Orthopaedic Surgeon

Shoulder & Knee Reconstruction
Hip Arthroscopy, Surgery for Athletes



Coastal
Orthopaedics

PHONE 08 9230 6333

peter@coastalorthopaedics.com.au
www.drpeterdalessandro.com.au

TOTAL KNEE REPLACEMENT

Discharge / Post-Operative Appointment / Surgical Outcomes

Your hospital stay is normally 3-4 days. If you live alone or have other medical issues you may require a period of rehabilitation. Your post op appointment is 2-3 weeks after surgery. If you do not have an appointment please contact my PA Bronwyn on 9230 6333 or bronwyn@coastalorthopaedics.com.au. If you are enrolled in the Surgical Outcomes System please complete the online questionnaires that will have been emailed to you.

Perioperative Care Physician

I will refer you pre-operatively to a Physician colleague for an assessment of your fitness for surgery. They will also assist me with your care in the peri-operative period and help organise rehabilitation if this is required.

Pain Relief / Medications / Thromboprophylaxis

You have been prescribed a range of pain-killers by your Anaesthetist. You should take paracetamol regularly and long acting strong painkillers as directed plus for top-up pain relief as required. You can wean off them as soon as the pain allows. You should take **Aspirin and Vitamin C daily for 28 days** post operatively.

Swelling / Icing

Some swelling of the knee is normal. However the sooner your swelling settles the better. Please ice your knee as many times per day as you can tolerate. You should continue icing for as long as you knee remains swollen, which can be up to several weeks. Speak to me about using a BodyICE can which can be very helpful. Please note you may have swelling/bruising tracking down towards your ankle for up to 3 months post surgery.

Concerns

We have an excellent practice nurse Cherie who will see you with me at your 2 week appointment, and will be happy to answer any questions or concerns you may have in the peri-operative period. If you are worried about your knee, if there is new redness or fever or if you develop significant calf pain or swelling please contact us immediately or attend your local doctor or emergency department.

Bandage / Dressings / Sutures

You will be discharged with a 'Tubigrip' compression stocking. Leave the waterproof sticky dressing in place until your post-op appointment. You may shower but still cover your dressing and keep dry. If your dressing is coming off please contact us for review. You have 'dissolvable' sutures that do not require removal.

Crutches / Walking Frame / Catheter

You will start walking the day after surgery. need to use crutches after your surgery. You can weight bear and bend your knee as tolerated. You can discard crutches as soon as you can walk comfortably with normal gait. We will place a urinary catheter into your bladder in the operating theatre. This is normally removed the day after surgery. There is a very standard procedure, however as with anything invasive there is a very small risk of infection, bleeding and damage to the urinary passage.

Rehabilitation / Physiotherapy

Please see the 'rehabilitation' section of my website www.drpeterdalessandro.com.au for exercises you should perform several times per day, immediately after discharge. You should see your physiotherapist as soon as possible after your surgery to start your guided program, with hydrotherapy. Your first priority is maintaining full **KNEE EXTENSION** and focus on 'turning your quads back on'. You should **NEVER** sleep with a pillow under your knee. For elevation, place a pillow under your ankle and let your knee hang.

Return to Work / Driving

Most patients require 6 weeks off work. Unless you have had a Left Knee Replacement and drive an automatic car, you should not drive for a minimum of 6 weeks after surgery.

