

# Jeffrey W. Salin, DO

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*If you have any questions, or concerns, please call the office.*

## **General information after a Partial Knee replacement:**

- You will need to be premedicated for life for ANY dental procedure and cleanings after your surgery. You should wait 3 months prior to scheduling any routine visits to your dentist after surgery. Please call the office for the correct medications prior to your appointment.

## **Pre-operative care:**

- When scheduling your surgery, scripts may be sent to your pharmacy prior to surgery. These medications may need prior authorization from your insurance (please allow 4-5 days), we want to send them to the pharmacy early so they will be available when you go home. Your medications will depend on your medical history and allergies.
  - Xarelto 10mg one tablet twice daily for 4 weeks after surgery.
  - Aspirin 325mg 1 tablet twice daily for 6 weeks after surgery.
  - Celebrex 200 mg 2 capsules night prior to surgery and the twice daily for 14 days after surgery (if you have a sulfa allergy this does not apply)
  - Neurontin 300mg 1 capsule the night prior to surgery
  - Hibiclens Wash body daily for 5 days prior to surgery. (SLS only)
  - Bactroban Nasal apply to the anterior nares two times per day for 5 days prior to day of surgery (SLS only)
- The hospital will call you approximately 1-2 weeks prior to surgery to arrange your pre-operative appointment and to discuss your medical history, anesthesia, etc.

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- Our office will pre-certify your surgery, then someone from our book keeping department will call you to discuss your benefits prior to surgery.
- Stop **ALL** over the counter supplements including fish oils, multivitamins, minerals, Aspirin, Ibuprofen, or Aleve 1 week prior to surgery.
- **\*\* Tylenol products are ok prior to surgery\*\***
- No food or drink after midnight the night prior to your appointment

## **Incision:**

- Your incision is very minimal, only about 4-6 inches long in length and will be located on the front of your knee
- The dressing to your knee will be changed when you are in the hospital. As long as there is no drainage you may leave it open to air. IF your hose rub or irritates the incision place a small dressing over the incision and hold it into place with your hose.
- You will be able to shower 24 hours after your surgical drain is removed. Do not let water directly hit the incision and pat thoroughly dry. You cannot soak in a pool, bath or hot tub until the incision is completely healed.

## **Compression stockings:** (Ted Hose)

- You will wear these for a total of 6 weeks. For the first 2 weeks they are to be on at all times (24 hours), taking off only to shower and wash. For 4 weeks after surgery, you may wear stockings on the daytime only and take them off at night.

## **Blood Thinning Medication:** (anti-coagulation therapy)

- You will be on a blood thinner for 4-6 weeks after surgery depending on your medical history.
- This will start the morning after surgery, Options include:
  - Aspirin 325 mg twice daily for 6 weeks post-surgery with home compression device.
  - Xarelto 10mg for 4 weeks post-surgery

## **Therapy Regimen:**

- The amount of time you will need an assistive device like a walker, cane and crutches will be determined by your therapist and how safe you are when walking. You will start off utilizing a walker than advance from there. The amount of time is approximately 4-6 weeks.

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- After discharge you will need therapy for 8- 12 weeks. This will be ordered to happen 2-3 times per week at an outpatient facility or with a therapist coming to your home at first. This will be determined while you are in the hospital if you need home therapy in the beginning or if you can go directly to outpatient. No matter the avenue you will be prescribed therapy for 8- 12 weeks total.

## Driving:

- You may drive approximately 4 weeks after surgery. If your surgery was on your right leg, your time not driving may be a little longer. Before you start driving you must be off all narcotic pain meds, feel like you have your reflexes back and Dr. Salin says it's ok to drive.

## Follow up appointments:

- You will be seen in the office 2 weeks after your surgery by one of Dr. Salin's PA's. You will then have follow ups at 6 weeks, 3 months, 6 months, 1 year and then as needed (usually 5-7 years).
- **At your post op appointments, we will be getting x-rays. Please wear comfortable clothing that can be easily removed or something that does not have zippers, snaps, or any type of metal.**

## Handicap parking permit:

These permits can be obtained from Dr. Salin's office after surgery. Once you obtain the authorization then you take it to the DMV to get your parking permit.