

# Dr. John S. Bleazard, DO

*Corporate Medical Plaza,  
Building 1*

*10701 Nall Ave., Suite 200  
Overland Park, KS 66211*

*Lee's Summit office*

*3151 NE Carnegie Dr., Suite B*

*Lee's Summit, MO 6406*

*Office (913)381-5225*

*Olathe Office*

*20920 W 151st St., Suite 100*

*Olathe, KS 66061*

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

## **Total Knee Replacement Protocol**

### **1. Physical Therapy Guideline**

You will have in home PT and or OT for the first 2-3 weeks after surgery. The PT will consist of range of motion and strengthening exercises. This will be arranged while you are in the hospital. A home health nurse will also visit to make sure that you are doing well and your wound is healing.

At your first post-op visit (2.5 weeks after surgery), outpatient PT will be arranged. PT will be ordered 2-3 times per week for the next 6-12 weeks. We will arrange this based upon convenience for you and your insurance.

### **2. TED Hose (Compression Stockings)**

Patients are to wear the compression stockings at all times for a total of 3 weeks after surgery. You may take them off to shower and to wash them. They should be worn to bed.

### **3. Anticoagulation Therapy**

After having a Total Knee Replacement, patients will be placed on Lovenox injections for approximately 14 days after surgery. You will begin the injections in the hospital the day after surgery. You will go home and finish out 10 more days of injections. These injections may be self-administered or given by someone else. They are injected into the abdomen.

Total Knee Replacement: 30mg of Lovenox injected every 12 hours

### **Current Coumadin Users:**

If you are currently taking Coumadin, you will resume your Coumadin the day after your surgery. You may need to go home with Lovenox depending upon your PT/INR levels while at the hospital.

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## 4. Driving

You may drive approximately 3 weeks after surgery. Once you are walking comfortably on a cane and no longer taking narcotic pain medication, you can begin driving. If your surgery was done on your right leg, your time not driving may be longer.

## 5. Showering

You may shower 3 days post-surgery. You must take all the dressings off and get the incision wet. Make sure to dry the incision well. You should change the dressings daily and as needed. No soaking in a pool, bath or hot tub until the incision is totally healed over.

## 6. Using a Walker/Cane

After surgery, you will be using a walker for support. You and your physical therapist will progress you to a cane approximately 2-3 weeks after surgery. You will then be using a cane for another 2-3 weeks.

**\*\* 5 days prior to surgery, patients need to STOP all blood thinning medications including: Coumadin, Plavix, anti-inflammatories such as Ibuprofen, Advil, Aleve, Mobic and Naproxen, Fish Oil, all Herbal medications, and Aspirin \*\***