



Recommendations after discharge in patients with knee joint replacement



While wishing you good health and complete recovery, please pay attention to the following points regarding the necessary care at home.

1. The treating doctor will tell you how far you are allowed to put your weight on the operated leg. You should use a walker or crutches for a few weeks after the surgery. And until the movement and strength of the operated leg muscles is not improved, the possibility of falling is high. So going up and down the stairs can be dangerous. It is better to postpone the use of the stairs for a few months. Make sure that when climbing the stairs, first put the healthy leg in front and then put the operated leg next to it, and then bring the crutch forward. When going down the first step, place the crutch under the armpit on the bottom step, then place the operated leg on the bottom step, and then lower the healthy leg.
2. Examine the environment of your home in terms of physical obstacles such as electrical wires, carpet edges, etc. and correct them if necessary. To minimize the possibility of falling.
3. Start walking slowly and gradually increase it. The patient should get up and walk at least once every hour.
4. In order to strengthen the leg muscles, ankle movements and strengthen the thigh muscles, relax and tighten the quadriceps muscles, which are recommended to you at the time of hospitalization.
5. The surgical wound should be kept dry and clean for the first two weeks after the operation, and if you need to continue changing the dressing at home, the doctor and nurse will inform you at the time of discharge. The dressing must be done by trained people and in a sterile way with betadine and washing serum.

6. As long as you have stitches, use a tarpaulin protector in addition to using a waterproof dressing for bathing. Sit on a chair in the bathroom and be careful not to slip in the bathroom.
7. 14-10 days after the operation, if the conditions are suitable and according to the doctor's order, the stitches will be removed.
8. In order to prevent infection and quick recovery of surgical wound, it is recommended to eat enough and suitable with proteins (meat, dairy, beans), vitamins (vegetables and fruits) and plenty of water (8-10 glasses).
9. Due to the importance of infection, be careful of symptoms such as increased redness, swelling, secretions from the wound, bad smell from the wound or dressing, fever and increased pain. In case of any of the above symptoms, go to the emergency room of the hospital immediately.
10. If antibiotics are prescribed, complete the course of treatment.
11. Diluting drugs that are prescribed due to the reduction of blood clot formation and the risks arising from it should be used according to the doctor's order. So be sure to go to the emergency room of the hospital immediately if the following symptoms appear.
 - Swelling in the leg area
 - Severe pain in the leg area
 - Redness on the back of the leg
12. If your left knee has been operated and you have an automatic transmission car, you can drive a week after surgery. If you have operated on your right knee, driving will be postponed to 6-8 weeks after the operation. (Be sure to consult your doctor about this).
13. Please pay attention to the time and date of visiting the clinic that is recorded in your referral card.