

# REHABILITATION PROGRAM

To get the full benefit of your knee replacement it is important you follow the exercise program you have been given.

- Carry out the exercises 3-4 times a day, breaking them up into smaller sessions, allowing periods of rest in between
- Aim to walk 3 times a day starting with 5 minutes, gradually increasing this daily by 1 minute to a maximum of 10 minutes in the first 2 weeks.
- You should arrange to see a physiotherapist 10-14 days following discharge or as instructed by your consultant or physiotherapist.
- Continue to walk with your 2 crutches for 4-6 weeks. Your physiotherapist and consultant will guide you on when to stop using them.
- Videos of the exercises are on the SSC website. The link can be found at the back of your rehabilitation book.

It is normal to find some exercises hard, particularly the leg raise and knee bend but it's important you continue to do them in order to improve the flexibility and strength of the knee. The exercises will also help with any pain, discomfort or stiffness in the knee.

## Scan this code to view **Post Knee Replacement Patient Information Video**



To use the QR code, open camera settings and hold your device over the QR code so that it's clearly visible within your smartphone's screen and follow instructions. You may have to download a free scanner from your smartphone app store.

If you do not have a smartphone you can follow this link: <https://bit.ly/3aNgvOh> or watch on the **Post-Op Patient Information** section of our website.



## POST OPERATIVE LIAISON SERVICE

Although you have been discharged from SSC we are still here to support you during your first 6 weeks of your recovery.

If you have any concerns or think you may be developing a problem with your knee you can contact the service and the nurse will be able to offer advice, liaise with your consultant and arrange a review if needed.



## HOURS OF SERVICE

Monday, Tuesday, Thursday and Friday  
8.30am-3.30pm

**Telephone Number:** +353 1 526 2286

**Email address:**  
postopnurse@upmc.ie

Out of these hours contact:

Cedar Ward: +353 1 526 2082

Oak Ward: +353 1 526 2329



## POST OPERATIVE LIAISON SERVICE KNEE REPLACEMENT

A reference guide to help you with your recovery following discharge from SSC

Please also refer to the knee replacement discharge instructions leaflet you are given on discharge

### UPMC SPORTS SURGERY CLINIC

Northwood Avenue,  
Santry Demesne, Dublin 9, D09 C523

[www.sportsurgeryclinic.com](http://www.sportsurgeryclinic.com)

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## RECOVERING FROM A KNEE REPLACEMENT

Having a knee replacement can be an emotional and physical experience. There may be some days when you feel a little low and tired and this is all normal. Remember to eat and drink well. In the first six weeks take time to rest during the day, this will allow your body to recuperate, helping with your overall recovery.

## CARE OF YOUR KNEE WOUND

Your knee wound has been closed with either sutures, clips or steri-strips (paper stitches) and covered with a waterproof dressing (**Fig 1**). A nurse will discuss this with you prior to discharge.

It's quite common to notice a little ooze on the dressing when you go home and there is no need to change it (**Fig 2**). If the dressing becomes heavily soiled as in **Fig 3** please contact us for advice.

You may take a shower with the dressing on.



## BRUISING

Bruising is common and can appear a few days or weeks after you have gone home. It's usual for it to appear down the leg and up into the thigh in varying colours. It can be very tender and can take 4-6 weeks to settle.



## PAIN MANAGEMENT

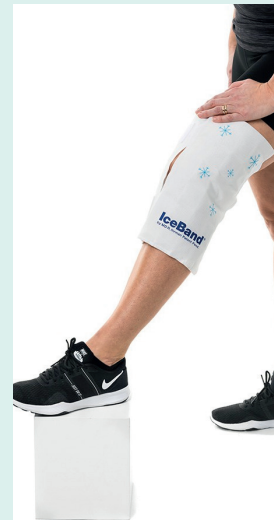
It is common to experience pain, discomfort and stiffness in the knee for a number of weeks, this will settle over time.

You will have been provided with a prescription for painkillers on discharge. Take the painkillers regularly as this will help manage your pain.

Applying ice to the knee regularly during the day and even at night will also help with your pain. Continue to use the IceBand® knee, the cooling and compression wrap you were given during your hospital stay.

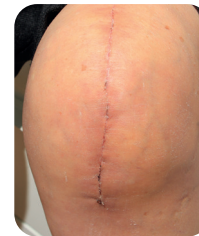
- Apply directly to the knee for 45-60 minutes at a time or until the ice has melted.
- Allow the knee to rest for at least an hour before reapplying again.

Moving around, relaxation techniques such as deep breathing, reading, listening to music and watching television will also help.



## SWELLING

It is normal to have a certain degree of swelling to the knee. This can extend up into the thigh and down to the ankle and can appear a few days after you have gone home. Periods of rest elevating your leg on a stool or on the bed can help reduce the swelling. Swelling to the knee can last for several months.



## PREVENTION OF BLOOD CLOTS

To prevent blood clots you will have been prescribed a medicine both in hospital and on discharge. It's important that you complete this course. You may have already been on a medicine of this type prior to admission which the nurse will discuss with you prior to discharge.

You will also need to wear TED stockings for 6 weeks:

- Wear them on both legs
- They need to be worn day and night
- Remove the stockings daily for 30 minutes
- Inspect the skin daily for any damage or redness
- Moisturize your skin daily
- Remove the stockings when taking a shower.

## APPLYING TED STOCKINGS

You may need someone to help you to apply the stockings.



Put hand inside stocking and grab heel pocket.



Pull stocking inside out.



Place stocking over foot. Align inspection toe hole to fall under toes. Ensure the heel is centred in the heel pocket.



Feed the stocking up the leg, ensuring the stocking is 2.5cm – 4cm below the knee. Ensure the heel and toes fit correctly, smoothing out any excessive stocking over the toes for comfort.