

HEALTH EDUCATION AFTER TOTAL KNEE REPLACEMENT (TKR)



DO'S



Apply Ice pack every 1-2 hourly each session 10-15mins especially after exercise



Sit in chair with arm rest for resting and shower to prevent from falling



Nap if tired and rest in between activities



Sleep with pillow under ankle, not knee



Walk with walking frame and exercising of knee



Take medicine after surgery as prescribe. Include blood thinning medicine to prevent blood clots.



Follow up with surgeon & return to remove staples on the incision after around 2 weeks.



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DON'T'S



Don't soak knee in bathtub or swimming pool until it is permitted or wound heal



Don't rub the incision, or apply any lotion before removal of suture.



Don't sit more than 30 – 45 mins at a time.



Don't drive until permitted, usually is up to 6 weeks.



Don't keep the surrounding with toys or items that may cause fall





Don't lift heavy object, run & jump

Return to hospital if any of the following occur:

- **Fever 38°C and above or chills**
- **Increased knee pain**
- **Pain or swelling in calf**
- **Stiffness or inability to move the knee**
- **Drainage from knee incision / dressing is wet / soak**
- **Increased redness, tenderness or swelling around the knee incision**

For appointment, kindly contact

 03-7872 3000

 03-7872 3100