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



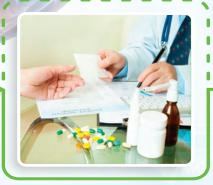
Nap if tired and rest in between activities



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.





HEALTH EDUCATION AFTER TOTAL KNEE REPLACEMENT (TKR)



DONT'S



Don't soak knee in bathtub or swimming pool until 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

