



SPECIALISTS IN THE
MEDICINE OF *motion*



Dale Martin, MD

Knee & Shoulder Disorders
Sports Medicine

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, knee & shoulder disorders, and sports medicine. We encourage you to learn more about Dr. Martin, your condition, and access links to help helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



OCR

ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES



POST-OPERATIVE - TOTAL KNEE

If you or any family members have questions or concerns, please call me.

Stacy, MA: 970-419-7138

Blood Clot Prevention After Surgery:

Adult Aspirin 325mg daily for 4-6 weeks **OR** Baby Aspirin 81mg twice daily if stomach cannot tolerate a normal Aspirin.

If you have a history of prior blood clots, different medication will be prescribed.

Medications:

Please stop all Advil and like products 5 days before surgery. They may be restarted after surgery if needed.

No additional Tylenol while taking the narcotics; it is already included in the pain medication.

Please give 24 hours for any medication refills.

Wound Care:

Most incisions will be closed by a product called a 'zip line' - this replaces the staples we used in the past. It will remain in place for 3 weeks. We still ask that this area stays dry.

Please do not use any oils, ointments, or lotion in the incision area.

True elevation and ice will help with the pain and swelling. Elevate from the heel and support the back of the knee with a pillow.

Showering:

With total knees, we will put a waterproof dressing on after surgery. This will keep your incision dry while you are showering. If you notice any water getting under your bandage, please contact the office so we can get that changed. Do not rub or wash the waterproof dressing; pat dry after showers.

- NO Bathtub
- NO Hot Tub
- NO Pool