

Chadwick B. Hampton, MD
Total/Partial Knee Replacement Physical Therapy Protocol

If Discharged to Home: Most patients are discharged on **post operative day #1**

- Take 10 deep breaths each hour
- Get up and walk every hour. Walk as much as possible.
- **Must obtain a rolling walker, raised toilet seat and shower chair prior to discharge.**
- Use walker only as needed. Progress to full weight-bearing as quickly as possible, unless instructed otherwise.
- You may shower with the dressing in place when you leave the hospital. **Do not touch!**
- Do not bathe or swim for 4 weeks post-operatively.
- A home health nurse, if applicable, will visit you in your home. Please share instructions below.
- A home physical therapist may or may not visit you in your home for the first 1-2 weeks post-op. As soon as possible, you should transition to therapy in an outpatient physical therapy center.
- Keep your post-op visit with Dr. Hampton at 14 days post-op.

If Discharged to Skilled Nursing Facility or Rehabilitation Facility:

Most patients receive physical therapy twice daily & occupational therapy to evaluate and develop individualized treatment plan

- ✓ Physical therapy twice daily & Occupational therapy to evaluate.
- ✓ If on Aspirin, continue for 30 days postoperatively.
- ✓ If normally on Coumadin at home, discharge on 81 mg Aspirin BID and regular dose of Coumadin. Discontinue Aspirin when therapeutic on Coumadin. PLEASE REQUEST PRIMARY CARE PHYSICIAN TO MANAGE COUMADIN.
- ✓ If normally on any other blood thinner at home, discharge on 81 mg Aspirin BID and regular dose of normal blood thinner. PLEASE REQUEST PRIMARY CARE PHYSICIAN TO MANAGE normal blood thinner medication if applicable.
- ✓ **Do not change dressing unless needed, ie. Saturated, draining!** If an aquacel dressing is saturated or needs to be changed, replace with a Silver dressing or Mepilex dressing daily.
- ✓ Aquacel dressing may get wet in **the shower only** when you leave the hospital. **No baths** or swimming for 4 weeks post-operatively.

3400 Burns Road Suite 101

Palm Beach Gardens, FL 33410

Tel: 561.327.9116

Tel: 561.588.9912

TEAMHAMPTON@FLORTHOCARE.COM



1049 South State Road 7

Wellington, FL 33414

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- ✓ Aquacel dressing may stay on for **10 days**. Home nurse may change the dressing at this time. If dressing is saturated or needs to be changed, replace with new Silver dressing or Mepilex dressing.
- ✓ Patient should return to Dr. Hampton's office for an incision check at day 14 after surgery.

Instructions for Home Physical Therapy:

- Week 1: 3x/week x 1 week
- Week 2: Transition to outpatient therapy, if the patient is ready. If not suited for outpatient therapy, then 3x/week x1 week.
- Please encourage transition to outpatient PT center as soon as possible.
- Weight bear as tolerated, unless otherwise stated.
- Must obtain a rolling walker, raised toilet seat and /or any other assistive device, if needed.
- Increase mobility with gait training, transfers, and stair climbing.
- DO NOT DRIVE UNTIL CLEARED BY MD.

All postoperative medications are provided to patients at their pre-operative appointment. Our typical medication regimen is as follows, however may vary:

- Pain Management:** Oxycodone 5mg 1-2 tabs PO every 6 hours PRN (as needed) pain
- DVT Prophylaxis:** Aspirin 81mg PO twice daily x 30 days
- GI Prophylaxis:** Colace 100mg PO twice daily PRN Constipation
- Celebrex** 200mg PO daily inflammation and to prevent Heterotopic ossification.
- Tylenol** 650mg PO Q6 hours prn pain

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