

Please seek medical help or call the hotline if you experienced any of the following:



Chest Pain



Shortness of Breath



Persistent Fever



Excessive Bleeding

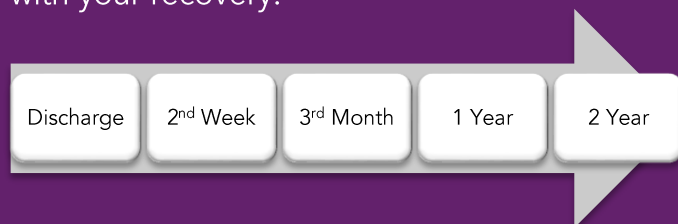


Swelling or Yellow Discharge



Persistent Pain

You will have follow-up reviews with your doctor at the following time points to help with your recovery:



Our healthcare team is committed in serving and helping you through your knee replacement surgery and recovery.

All the best! 😊



Getting Help

24-hour Knee Arthroplasty

Hotline

+65 9159 8305

You can call, SMS or WhatsApp



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>.

Was this information helpful?
Please feel free to email us if you have any feedback regarding what you have just read at patienteducation@ttsh.com.sg



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Department of
NURSING
OCCUPATIONAL THERAPY
ORTHOPAEDICS SURGERY
PHYSIOTHERAPY

Knee Replacement Post-Discharge Self-Care at Home



Day of Discharge

Following your discharge, there are several things you should be aware of for your own safety, recovery, and comfort.

Post Surgery Care



Wound Management

Keep your wound clean and dry. Follow the advice from our nurses when you discharge.

If bruising is seen over the thigh, knee or foot, gently massage around the bruised area. Blood stains on the dressing are normal but observe for excessive bleeding or yellow discharge.

If you are unsure, call the hotline or visit a doctor.



Swelling Control

Apply cold or ice pack on wound site for 20 minutes, at least 4 times a day. You can apply before and after your exercises. Raise the operated leg if you have been sitting for a long time.

You should do ankle pumps while raising your leg and ice your knee to reduce swelling.

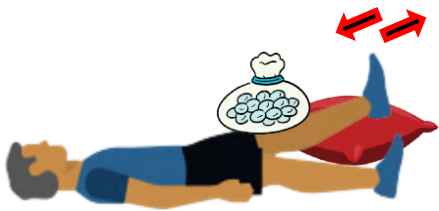


Illustration of icing session



Medication

Your goal is to wean off the prescribed medications gradually. You can take your pain killers 30 minutes prior to your exercise sessions to help relieve your pain.



Movement

You may require a walking aid for the first 3 to 4 weeks to facilitate the healing of your knee.

Unless advised otherwise by your doctor, you have no restrictions on weight bearing or knee movement.

You should continue the exercises taught by your physiotherapist to help regain your knee movement gradually, as it is more difficult to regain it after six months.



Follow-up Appointments

Your first visit to the Orthopaedics Clinic will be around 10 to 14 days after surgery.

This involves:

- Wound inspection and dressing change
- Removal of sutures after surgery (if needed)

It is essential to attend your physiotherapy sessions for full rehabilitation to regain function.

- Scar massage and muscle release to reduce tightness (if needed)
- Joint mobilisation to further improve your knee range
- Advanced strengthening exercise programme



General Information

- You should be able to perform most light tasks on your own.
- You are encouraged to identify a caregiver who can help you in your daily activities, such as getting meals, doing household chores or manage your hygiene needs.

RECOMMENDED SET-UP IN THE TOILET AND SHOWER AREA



Keep toiletries near to shower chair.

- It is very important to be able to straighten your knee fully and bend your knee for more than 90° in order to perform normal daily activities and functions.
- Avoid heavy lifting, kneeling, crossing your leg, pivoting or high impact activities until you are advised to do so by your doctor/physiotherapist.
- Scan the QR code on the right to access **Knee Replacement Online Resources** for videos on lower limb exercises, functional mobility, how to perform certain Activities of Daily Living and a step-by-step guide on getting in and out of the car after surgery.

