

## What happens *AFTER* my knee surgery?

Hospital Day	Physical Therapy	Occupational Therapy	Nursing/Case Management
<b>Day of Surgery</b>	Initial visit to check ROM; apply CPM; possibly try to sit on edge of bed or move to chair.	FREE DAY!	During this initial period, it will be important for you to cough, turn, and breathe deeply. You will be instructed on how to blow into a device that encourages you to expand your lungs. There will be different options for pain control which will be discussed with you, and pain will be aggressively managed. You will be encouraged to take fluids as you progress toward a regular diet. You may have a drain to your knee, which will collect your blood. This blood can be given back to you. You will probably have a wrap around the operative knee that circulates cool water, helping to decrease swelling, discomfort, and bleeding.
<b>Post Operative Day #1</b>  <b>Knee ROM: 15-60°</b>	Begin or continue to get out of bed; begin standing and walking (50ft) with walker; begin exercise program; continue CPM.	Initial visit to get background on pre-surgery abilities and home obstacles with bathing/dressing; begin self bathe at bedside; look at equipment needs for home.	Nursing will work with the therapy staff to begin mobilization. Medication needs will be attended to and the surgical wound will be monitored. You will continue deep breathing exercises. The Case Manager will work with OT to assess home needs for discharge. Fluid intake and nutrition will be encouraged.
<b>Post Operative Day #2</b>  <b>Knee ROM: 10-70°</b>	Becoming independent in getting in/out of bed; increase walking with walker to 100ft; begin practicing steps/curb/ramp; continue exercises and CPM; discuss plans at discharge.	Begin to learn post surgical techniques for getting dressed; issue and practice with dressing equipment (reacher, bath sponge, sock aide); discuss plans at discharge.	Nursing will encourage activity. Medical management will continue in regards to your medications and wound care. Start to transition to oral pain medications if ready.

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<b>Post Operative Day #3</b>  <b>Knee ROM: 10-90°</b>	Continue to get out of bed, walk with walker (125ft), exercise, and use CPM; practice steps; begin car transfers if discharging from the hospital today; discuss discharge plans	Practice a full shower/bath using the dressing equipment; From a safety standpoint continue to look at equipment needs for your home bathroom: plan for discharge from the hospital.	Continued collaboration with therapy staff to encourage mobility. Transition to oral pain medications as discomfort decreases. Continue to monitor surgical site. Begin to assess learning needs for home medications, skin care, and exercises.
<b>Post Operative Day #4</b>  <b>Knee ROM: 5-90°</b>	Continue with above DAY 3 plans increasing gait distance to 150ft; discuss discharge plans; practice car transfers.	Learn tips/techniques for managing activities in the house (especially the kitchen) while using a walker; plan for discharge recommending necessary equipment.	Start preparing for discharge. Address identified learning needs with you and your family/care-giver. Reinforce the importance of follow up and exercises. Case manager arranging for equipment or therapy that will be needed at discharge.
<b>Post Operative Day #5</b>  <b>Knee ROM: 5-90°</b>	Continue with above DAY 3 plans increasing gait to 150ft; discharge with home health or out patient therapy plans; practice car transfers.	Continue with above DAY 4 plans; prepare for discharge recommending equipment and continuation of therapy in either home health or out patient therapy.	Continue with the above plans in working toward independence and safety after discharge.