

HOME HEALTH CARE ORDERS FOR KNEE SURGERY

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Heiden Davidson Orthopedics

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24 hrs: 435-615-8822 Fax 435-615-8823 www.orthoparkcity.com

RN visits: (2 visits)

- 1st or 2nd post-op day
- Second visit – 3-5 days post-op
- Vital signs and assessment every visit.
 - Notify PA or MD if heart rate is less than 50 or more than 120, or DBP is less than 55 or greater than 100.
 - Notify PA or MD of temperature over 101.5.
- Dressings to be removed after 48 hours.
 - Apply Band-Aids to the portals.
 - Apply new dressing to incisions – use sterile technique and sterile 4x4 and ABD pads if any drainage. If needed supplement with gauze and wrap in Ace bandage. If available use waterproof dressing, allowing for getting lwet. Patient to keep incisions dry.
- IF the patient has a pain pump----when empty, remove pain pump catheter and cover site with dry sterile dressing.
- Weight bearing as tolerated, unless otherwise specified.
- Diet: Increase to pre-op.
- Medications (in addition to patient's individual Rx:
 - Ondansetron 4-8mg ODT PO, Q8 hours prn, nausea/vomiting
 - Colace 100mg PO BID, hold for loose stools.
 - Miralax OTC 1 tbsp or cap full once daily PRN constipation, hold for loose stools
 - Acetaminophen 500-650 mg , 2 tabs PO, if temperature is greater than 100.5
 - Maximum 3,000 mg acetaminophen per 24 hrs
- May straight catheterize PRN , if unable to void.
- Ice application – Max 20 mins at a time, to avoid freezing– use cryotherapy unit if available.
- Follow-up appointment approximately one week post op. Have patient call for an appointment, if not already set up.

Physical Therapy: (2 or 3 visits - 1st post-op week)

- Extension exercises
- Extension hangs
- Flexion/ROM exercises
- Quad sets
- Weight bearing as tolerated, unless otherwise specified
- CPM (if ordered)
 - 0-60 initially (**with brace off !!**)
 - Increase 5 degrees twice daily as tolerated
 - Use 6-8 hours/day.
- Cold Therapy Unit (if available)