SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Dr. Geoffrey Glebus, DO

Diplomate – American Board of Orthopedic Surgery
📞 **(210) 798-8563** | ✉ GlebusTeam@smasatx.com

🦵 Your Knee Replacement Recovery Guide

🌞 Welcome to the Healing Phase!

Congratulations — you've just upgraded your knee! 🎊 Think of this guide as your personal "how-to" for recovery. Follow these steps, listen to your body, and soon you'll be walking, bending, and dancing your way back to feeling great!

💥 What's Normal After Surgery

So your knee's a little cranky right now — no worries, it's all part of the process! You might notice:

- A bit of soreness around your incision(s)
- Some swelling or redness that's slowly improving
- Pain when moving from sitting to standing (especially the first few days — and yes, nights too!)
- A raspy throat or "something's-stuck" feeling from the breathing tube (it'll pass soon!)
- Pain that stays around **3–6 out of 10** with meds
- Some itching as things start to heal (that's your body saying "we're working on it!")

💊 Your Med Buddy Lineup

Here's what each prescription is doing for your comfort squad:

Medication	Why You Have It 💡
Hydrocodone	Pain control — use as needed, then taper off
Colace	Keeps things moving (pain meds can cause constipation!)
Mobic	Fights inflammation + swelling
Zofran	Stops nausea before it starts
Gabapentin	Helps ease nerve pain without the sleepy side effects of opioids.
Aspirin	Helps prevent blood clots.

💡 **Pro tip:** Take your pain meds before bedtime to sleep better.

💧 **Pro Tip:** Stay hydrated, take short walks, and eat fiber — it's the magic combo for recovery.

SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Dr. Geoffrey Glebus, DO

Diplomate – American Board of Orthopedic Surgery
📞 **(210) 798-8563** | ✉️ GlebusTeam@smasatx.com

🩹 Incision TLC/ Daily Care Routine

- Keep dressing on until your **first post-op visit (10–14 days)**.
- Shower after **3 days**, but no soaking — that means **no baths, pools, or hot tubs!**
- Use gentle, fragrance-free soap (like Dial).
- No ointments, creams, or scrubbing the incision.

💜 **If the tape itches or blisters, call us and send our email a pic so we can better asses.**

🚶 Move Smart — The "Do's and Don'ts"

Think of week one as *part two of your hospital stay*. Healing takes time!

✅ **Do:**

- Put full weight on your leg (unless told otherwise).
- Use your walker for balance — it's your new sidekick!
- Walk short, frequent laps every 1.5–2 hours to keep blood flowing.
- Keep your leg elevated (chest height is best).
- Climb stairs carefully, but yes — you can!
- Sleep however you're comfy — side, back, or a mix.
- Keep up with your post-op visits: 2 weeks, 6 weeks, 3 months, 6 months, and 1 year.
- Start PT! It's the key to getting strong again.

🚫 **Don't:**

- Drive for at least 2 weeks (and not at all while on pain meds).
- Sit or stand for long periods — move every 45–50 minutes.
- Overdo it with long walks or marathon chores.
- Plan dental work too close to surgery (2 weeks before or 4–6 weeks after = off-limits).
- Submerge your incision (no pools, lakes, or tubs yet).

💡 Healing takes time. You might feel great one day and sore the next — totally normal!

SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Dr. Geoffrey Glebus, DO

Diplomate – American Board of Orthopedic Surgery

📞 **(210) 798-8563** | 📧 GlebusTeam@smasatx.com

🧊 Cool It — Literally

Ice is your new BFF. It helps swelling and soreness.

- Wrap your ice pack in a towel (no direct skin contact).
- Ice for **20–30 minutes**, **4 times a day**.
- Too much cold = more pain — 30 minutes max per session!

💩 Let's Keep Things Moving

Constipation can happen thanks to pain meds. Here's how to outsmart it:

🍎 Eat fruit, veggies, and fiber
💧 Drink lots of water
🚶 Take gentle walks
💊 Use Colace daily while on pain meds
⏰ If you still haven't gone by day 3, use **Dulcolax, Miralax, or Milk of Magnesia.**

🚨 When to Call Us

Reach out right away if you notice:

- Worsening redness, swelling, or heat near the incision
- Drainage (especially yellow, green, or smelly)
- The incision edges separating
- Fever above **101.5°F**
- New bruising or pain that's suddenly worse

💌 Email usually gets the fastest response!

🚑 Call 911 or Go to the ER If:

- You have trouble breathing or chest pain
- You develop a severe headache
- Your calf feels tight, swollen, or painful

🌈 Final Thoughts

You did it 🏅 — Your muscles and bones are healing every single day, even if you don't feel it yet. Take short walks, rest when you need to, ice when sore, and give yourself credit for every bit of progress.