

Recommendations for behaviour by patients with an artificial knee joint

- In the future, exercise caution in the case of any purulent infections. In such cases, contact your orthopaedist without delay, who will prescribe you with an antibiotic shield. This also applies for scheduled operations in the field of dental or oral surgery.
- You have received an endoprosthesis passport; always keep this with you. It may be important for further operations or safety checks. You also have the option to have your medical implants/prostheses recorded in your passport.

Assistance for daily life

Movement in the knee joint may be restricted after discharge, making some everyday tasks more difficult.

- Handles on the wall, anti-slip protection in the bath and shower, bath board, back brush with a long handle
- Shoehorn with a long handle, elastic shoelaces
- Devices for putting on and taking off socks, stockings and, in particular, surgical stockings
- Grabber, for picking up objects which have fallen on the floor

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Contact the occupational therapist/physiotherapist who is supporting and advising you in these matters and practise the correct use of these medical aids with them. Routine check-ups will be arranged with your orthopaedist; these are useful for examining the joint, documenting the healing process and providing you with information about how to cope with using the joint at this time.

In the case of fever, intensifying pain, breathlessness, loss of feeling (sensation of cold or numbness, bluing or whitening of the foot and/or leg), paralysis, swelling, outlet of secretion and redness at the wound site, you should inform and visit your orthopaedist or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your treatment team

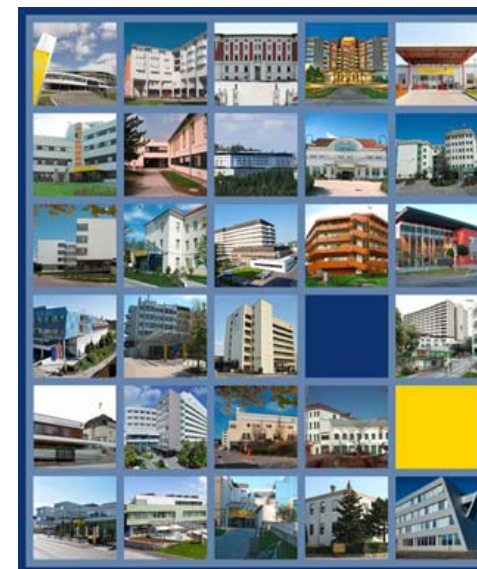
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Orthopaedics

Discharge information



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**LANDES
GESUNDHEITS
AGENTUR**

Gesund und gepflegt. Ein Leben lang.

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department. During surgery, the diseased knee joint was replaced with an artificial joint. To ensure long-term success, please be sure to follow these guidelines.

Particularly in the first **12 weeks after surgery**, you should avoid all extreme loads on your new knee joint:

- No heavy physical work.
- No lifting or carrying of heavy objects (max. 5 kg) in the first three months.
- You have learnt to walk using two forearm crutches in order to take the strain off the affected leg. Your orthopaedist will inform you how long you should use the crutches for and the level of exertion at discharge.

- Further strengthen your leg muscles by regularly practising the physiotherapy exercises you have learnt. You should however, in principle, avoid jerky or impact-type movements.
- After consultation with your orthopaedist, wear compression stockings (class II) after surgery and throughout your stay in hospital.
- A motorised Continuous Passive Motion (CPM) device may be prescribed by your doctor for use at home. This device helps to improve the movement in the knee joint. However, it is not intended to replace active physiotherapy exercises for strengthening the muscles. The device is delivered by a company to your home address and configured accordingly.
- Please attach particular importance to observing precisely the thrombosis prophylaxis (blood thinning treatment) prescribed to you.
- If you have made an application to stay at a rehabilitation centre, you will be informed of your arrival date by your health insurance company.

Important general information

- Pay attention to your body weight and stay physically active.
- **Go for walks** every day of increasing duration; be sure to wear suitable footwear (good support and non-slip soles). Walking sticks are recommended on uneven ground.
- **Sporting activities** are once again possible with your artificial joint. Once approved by your orthopaedist, begin by training your muscles in a sport which is familiar to you. As a general rule, you should avoid exceeding your pain threshold.
- Saunas, artificial sun tanning and exposure to direct sunlight should be avoided for two months after surgery; the scar should be covered in a high-factor sun cream (at least SPF 20) for six months.
- You should be able to start **driving a car** again once you are able to walk without crutches.