

Surgery Center of Pinehurst  
Dr. Casey Total Knee Replacement

**Diet:** Regular home diet

**Activity:** Weight bearing as tolerated with walker(As arranged preoperatively(PSC) with equipment to patient: Front wheel walker for home use; 3in1 Bedside Commode)

**Special Instructions/Restrictions:** No wound care: Keep dressing intact until follow up appointment(If any leakage from bandage or loosening occurs please call Dr. Casey's office.) You may shower with dressing in place.

**Discharge Therapy:** Outpatient Physical Therapy as arranged by Pinehurst Surgical Clinic

**Medications:** Per discharge medication reconciliation sheet

**Discharge Medications:** Prescriptions e-scribed to patients pharmacy preoperatively

1. Oxycodone 5mg one tablet by mouth every 4-6hours as needed for pain #42
2. Tylenol 500mg two tablets by mouth every 8 hours #180
3. Aspirin 81mg one tablet by mouth twice daily for 6 weeks #90
4. Ibuprofen 800mg one tablet by mouth every 8 hours #30
5. Colace 100mg one tablet by mouth twice daily #90(to help prevent constipation)
6. Mirilax 17gm packet 1 capful mixed in 8oz juice/water/coffee daily while on pain medications(to help prevent constipation)

**Follow-Up Appointment:** As scheduled in 10-14 days

**If any of these issues occur or any questions, please contact our office at 910-235-9767**

Bleeding: Some bleeding is **NORMAL**. However if the bandage becomes soaked or the bloody area is larger

than the size of a hand, please contact the office.

Fever: Temperature of more than 101 degrees.

Pain: that is unrelenting and/or increasing.

Difficulty breathing or calf pain.

**Dr. David Casey**