DR. SIRAM
HIP AND KNEE REPLACEMENT SURGEON

Partial Knee Arthroplasty: Inpatient Post-op Protocol

Expectations

- **Pain** typically increases within 2–3 days and improves by day 7 as meds wear off and discomfort may increase. Take Tylenol, Journavx, Tramadol, and prescribed pain meds as directed on our provided post-op medication sheet.
- **Swelling** typically peaks around 2 weeks and may last for months. Sibley provides compression stockings to wear most of the day: 4 weeks on the operative leg, 2 weeks on the other. Remove for shower, changing clothes, & allow skin breathe for a few hours. Ice 3–4 times daily for 15–20 minutes.

Incision Care

- Your dressing is **waterproof** - you may shower, but don't rub the area. It should remain on & dry until your 2-week post-op visit. Call the office if it becomes wet/soiled.
- If you have a wound vac, leave in place for 2 weeks. When it beeps (5–7 days post-op), cut the cord to silence it. Refer to the Prevena wound VAC handout.
- Dressings and possibly sutures/staples may be removed at your 2-week visit and scar care (Vitamin E lotion/New Gel Plus UV/Mederma) and wound submersion may be discussed at your 6-week visits.

Physical Therapy

- You may start formal physical therapy at 1 week. First the first 7 days, do daily home exercises and walk 15–20 minutes twice a day using a walker.
- Partial knee replacements maintain range of motion, and Dr. Siram's approach preserves muscle stability, often eliminating the need for formal physical therapy.

Activities

- You may put full weight on your operative leg using a walker at first, then progress to a cane or nothing as you're able—healing times vary. DO NOT compare yourself to others.
- Walk as much as comfortable. No restrictions, however, LISTEN TO YOUR BODY AND STOP.

Sleeping

- Do not place anything under your knee—ever, even when sleeping or resting. To elevate, support only under your ankle.
- You can sleep on your back, side, or stomach. A pillow between your knees is optional for comfort. Sleep may be uncomfortable for the first few weeks.

Blood Clot Prevention

- You'll be on a blood thinner for 30 days post-op (typically baby aspirin (81mg) 2x/day), along with Protonix (40mg) to protect your stomach. If you have a history of blood clots, let us know for a tailored protocol.
- Wear compression stockings—operative leg for 4 weeks, non-operative for 2 weeks. Use sequential compression devices for 8 hours daily for the first 2 weeks. Daily exercises like walking and calf/ankle pumps are helpful.

Follow-up Appointments

- Your first follow-up is 2 weeks post-surgery—call 301-657-9876 to schedule. X-rays will be taken, the wound checked, and some meds discontinued. Additional visits are at 6 weeks, 4 months, and 1 year, with routine check-ups every few years after.

Dental Visits:

- Wait 3 months following surgery prior to a dental procedure to avoid infection. New guidelines may not require antibiotics before dental visits—check with your dentist based on your history.

When to call the doctor (301-657-9876):

- Sudden increase in pain, uncontrollable nausea and vomiting, inability to bear weight/walk, fever greater than 101, and shortness of breath or chest pain

There is additional information that may be found on Dr. Siram's Website: www.drsiram.com

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General Joint Replacement Medication Schedule Example

This basic template helps track typical post-operative meds. **You will begin these medications during your hospital stay**, and continue taking at home.
Refer to the **'How to Take Your Medications'** handout for medication details.
Note: if different medications were provided during pre-operative visit, follow those instructions.

Medication Schedule Example

Medication		Wake	Breakfast	Lunch	Dinner	Bedtime	Night
Before Surgery	**Mupirocin Ointment**	Apply 5 days prior to surgery.					
	Hibiclens Soap *(over the counter)*	Apply 3 evenings before surgery.					
	Sage Wipes *(over the counter)*	Use upon awakening on the morning of surgery prior to heading to Sibley					
After Surgery							
Week 1&2	**Tylenol** 500mg *(over the counter)*	1-2 pills every 6 hours					
	Journavx 50mg	1 tablet every 12 hours for moderate to severe pain					
	Tramadol 50mg *(with food)*	1-2 pills as needed every 6 hours for moderate-severe pain					
	Aspirin 81mg		1 tab		1 tab		
	Protonix 40mg		1 tab				
	Celebrex 200mg		1 tab				
	Tranexamic acid 650 mg tablet *(stop after 5 days)*		1 tab	1 tab	1 tab		
	Ondansetron 4mg *(for nausea)*	0-1 pill		0-1 pill	0-1 pill		
	Stool Softner (i.e. Senna,Colace)	Take as needed					

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Weeks 3 & 4	**Aspirin** 81mg		1 tab		1 tab		
	Protonix 40mg		1 tab				
	Celebrex 200mg		1 tab				

Ice Therapy: Please ice for 20 minutes 3 times per day for the first 7-10 days.
Restarting medications: Post op day 1 resume routine medications including blood thinner and Vitamin C, D, and B12 (continue to hold other vitamin/supplements until 4 weeks)

How To Take Your Medications

Medications will be sent to your pharmacy after your pre-operative visit. Different medications may be prescribed at your pre-operative visit to meet each patient's specific needs. **You do not need to bring these medications to the hospital** – you will be provided them during your stay. You will continue taking them once you return home

Pain Control	
Celebrex 200mg (celecoxib) 1x a day	Take 1 tablet daily first 30 days with food. Do NOT use any other anti-inflammatory with Celebrex or Meloxicam. If you have a Sulfa allergy, you will be given Meloxicam (Mobic) 15mg to take once a day instead of the Celebrex.
Tylenol Extra Strength 500mg 4x a da	Take 1-2 tablets every 6 hours for pain and last medication to wean from. Should be used with Journavx and tramadol to help with pain control, you can purchase this over the counter
Journvax 50mg Moderate to severe pain	Take 2 tablets for the first dose on empty stomach, followed by 1 tablet every 12 hours for moderate to severe pain.
Tramadol 50mg Moderate to severe pain	If pain persists after Tylenol and Journvax, take Tramadol (one table of every 6 hours) as needed with food
Infection Prevention	
Mupirocin Ointment **Pre-Op**	Every day for five days before surgery. Do not use it in the morning of surgery. Apply a thin layer inside each nostril and belly button using your fingertip or a Q-tip.
Hibiclens Soap **Pre-Op**	Three days before surgery. Available on Amazon or local pharmacies. After showering with clean towel, use wash from neck down, avoiding genital area.

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Sage Wipes **Pre-Op**	Use upon awakening on the morning of surgery. Available at Summit store in Summit office.
Blood Clot Prevention	
Aspirin 81mg 2x a day	Once in the morning and once in the evening for 30 days with food
OR **Eliquis/Xarelto/Plavix**	If currently on a blood thinner, continue as directed after surgery
Other Medication	
Protonix 40mg (pantoprazole) 1x a day	For stomach ulcer prevention when taking Aspirin, take one tablet daily for the first 30 days following surgery.
Tranexamic Acid 650mg 3x daily, for 5 days post-operatively	Proven to improve range of motion, reduce pain and swelling at 6 weeks post-surgery with no noted complications. It does not affect blood thinners but reduces post-surgery bleeding, leading to less pain and swelling. Do not use in patients with a history of stroke, color blindness, ischemic retinopathy, or PE/DVT
Zofran 4mg (ondansetron) As Needed	If nauseous, take 1 tablet every 6-8 hours which should reduce any nausea about 15-30 minutes after taking.If not nauseous, do not take
Colace/Senna/MiraLAX As Needed	Pain meds and reduced mobility may cause constipation. Drink plenty of water and consider taking Colace/Senna (1-2 tablets daily) and MiraLAX in the morning. You should have a bowel movement within 3 days of surgery

Restarting Medications	
Vitamins/Supplements	You may resume taking Vitamin C and Vitamin D after surgery. For all other vitamins and supplements, please wait until 4 weeks after surgery.
Aspirin (or whatever blood thinner you have been instructed to take)	You will take your prescribed blood thinner for the first 4 weeks following surgery to reduce the risks of blood clots. This will be further discussed at your 2-week post operative visit.

Difficulty Sleeping	
Tylenol PM	For *sleep*. If you are not sleeping well, you can use Tylenol PM in place of your nighttime Tylenol dose. This is safe to take at the same time as your tramadol.
Benadryl	For *sleep*. If you are unable to sleep more than 2-3 hours and Tylenol PM has not helped you can take a Benadryl at bedtime along with your pain medications.

To Note

There is additional information that may be found on Dr. Siram's Website: www.drsiram.com

- If you have an allergy or intolerance to one or more of the above medications, your prescription profile may be slightly different.
- If you already use a blood thinner for other reasons prior to surgery, we will discuss how to use those medications post-operatively
- Tramadol and Oxycodone are narcotic medications and sometimes require prior authorization through your insurance company. If this happens, please call the office to let us know.

If you have any questions or concerns, never hesitate to reach out. We are always happy to help!