



## **Post Operative Instruction for First Office Evaluation after Total Knee Replacement**

1. You should stop taking the Coumadin today.
2. You are allowed to take anti-inflammatory medications (i.e. Advil, Aleve or Aspirin) starting 3 days after taking your last Coumadin pill.
3. You may stop wearing the stockings at this point if you prefer.
4. You should begin outpatient physical therapy at this point.
5. Please carry your card in your wallet or purse that states that you have a metallic implant in your knee.
6. If you have any dental work done or any surgeries scheduled, you need to take an anti-biotic in order to decrease your risk of infection. You can call the office and we will prescribe the anti-biotic for you, or let your dentist or doctors know and they might prescribe it for you.
7. If you haven't already, you may progress to a cane when you feel comfortable.
8. You may begin driving when you have full leg control and when you feel confident you can operate a vehicle safely.

***\* These instructions will be given to you by the physician/staff at your first appointment. Do not make these changes on your own\****

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