

## Common Concerns on the First Visit After Your New Knee

**My knee is not straight** – Knee extension (getting your knee straight) is the most important motion for walking normally. The time to get your knee straight is typically shorter than getting your knee bent. To help you achieve your goal, please do the following:

Place 5 lbs. of rice in an old pillow case and heat it in the microwave for about 10 minutes.

Place a warm, wet washcloth over your knee.

Sit at the edge of a chair and support your heel on a step stool, ottoman, or coffee table.

Place the warm pillowcase of rice on the knee and let gravity stretch the knee.

Start at 2-3 minutes per session, for 5 times per day.

Increase the time as you can tolerate.



**Can I drive?** – Yes, most patients feel comfortable driving at around 2 weeks. Please no driving while on narcotics.

**Can I get in the pool or hot tub?** - Yes

**Can I get rid of my TED hose?** – Yes. Two weeks is the recommended time to wear TED hose. However, the TED hose can help with swelling control and can be worn longer if you wish to minimize swelling of the operative leg.

**How long do I continue Aspirin?** – If you are taking Aspirin to thin your blood, please continue at the twice per day dose for a full 30 days from surgery. At that time, you may go back on your normal Aspirin dose, or discontinue the Aspirin if you were not taking Aspirin before surgery.

Remember, work hard on knee extension at home, as well as keeping up with outpatient physical therapy. Refer to the Knee Replacement Book given to you by Dr. Petrow. You can

also visit Dr. Petrow's homepage at [www.tucsonroboticjointreplacement.com](http://www.tucsonroboticjointreplacement.com) for additional information.