

# MADSEN

## Orthopedics

### **TOTAL KNEE POST-OP INSTRUCTIONS**

You should have prescriptions for xaretto, hydrocodone and colace waiting at your pharmacy.

Home health care and home physical therapy are usually pre-arranged, if home physical therapy has not contacted you, please contact Madsen Orthopedics immediately.

CPM (bending machine) 3 in 1 chair and walker should have been delivered. If this has not been delivered, please contact Madsen Orthopedics immediately.

CPM should be 2 hours on and 2 hours while you are awake. Start at 60 degrees and increase by 5 degrees each use.

Keep the dressing clean and dry.

You can put as much weight on the leg as you can tolerate. Avoid twisting or turning on the operative.