



## Total Knee Replacement Timeline

Dr. Tom Calton | Brandon Park NP

Today we will schedule the date of your surgery with Dr. Calton. If preauthorization is required, we will work with the insurance company to get your surgery approved.

\*\*\*Please ensure these pre-op steps are completed 2-4 weeks before your surgery\*\*\*

1. **CT scan:** If you are having a Mako robotic arm-assisted surgery, we will need a CT scan of your knee. You will receive a call from SCHEDULE PLUS. The scan can be performed at Ogden Regional Medical Center or any facility equipped with the Mako protocol.
2. **Pre-op labs and EKG:** You will receive a call from the facility where we have ordered your tests. For most patients, this will be Ogden Regional Medical Center. If you have not heard from them 4 weeks before your scheduled surgery, call Pre-Op (801) 479-2483.
3. **Home health:** If you would like to have **home health** help after your surgery, we will provide a referral that services your area.

### DAY BEFORE SURGERY

- You will receive a call from the surgical department at Ogden Regional Medical Center. They will tell you the time you should arrive at the hospital. This call may be later in the afternoon, usually before 6 pm.

### DAY OF SURGERY

- Report to REGISTRATION at the front entrance of Ogden Regional Medical Center. They will escort you to the pre-op area; family may wait here with you until the time of your surgery.
- During surgery, family may wait in the surgical waiting room.
- After surgery, you will be taken to recovery before going to a room on the hospital floor. Your family will meet you in the hospital room, approximately 1 hour after your surgery is complete.
- Most surgeries are outpatient. The nurses will make sure you are able to urinate and walk before discharging you from the hospital. You will have access to the hospital room for a "23-hour stay". Dr. Calton strongly encourages patients to go home the same day. Typically, morning surgery patients are discharged in the early afternoon, and afternoon surgery patients are discharged the same evening.
- You will be fitted with TED hose (compression stocking). Wear these as instructed for 30 days after surgery.
- After surgery, start taking aspirin 81 mg 2 times per day for blood clot prevention; continue taking aspirin for 30 days. If you were on a blood-thinning medication before surgery, resume your usual regimen of that medication.  
\*\*\*Please wear your TED hose and continue taking aspirin for 30 days after surgery.\*\*\*
- You will receive a text from our office, Elevate Surgical, with a questionnaire. Please respond to this if possible.

### DAY 1 AFTER SURGERY

- Walk around the house as needed for light daily activities, including using the restroom, getting a drink, or relaxing in the living room.
- Use ice, compression, and elevation to reduce swelling in the surgical leg.
- Empty blood from the drain as needed according to the nurse's instructions. If there is more than 150 cc in an 8-hour period, call or text the office at (801) 758-0206.
- Every hour you are awake, do 5 straight-leg lifts as your exercise routine to keep your quad muscles (the front of your thigh) functional.

### DAY 2 AFTER SURGERY

- Continue with the same activities and exercises as on Day 1.
- Remove the drain 48 hours after surgery. Simply remove the thigh tape and pull upward. Throw the drain away.

### DAY 3 AFTER SURGERY

- Continue with the same activities and exercises as on Day 1 and Day 2.
- Remove the bandage (ACE wrap, cotton wrap, and gauze) 72 hours after surgery. DO NOT remove the mesh dressing/tape until Day 14 (see below).
- After removing the bandage, remove the pain pump by removing the tape and pulling gently. Throw away the pain pump and delivery system. If you have any questions about the pain pump, call or text **Bruce at (801) 628-3559**. Do note: if you have not already started using narcotic pain medication, you may need to start when the medication from the pain pump wears off.
- You may shower after removing the bandage and pain pump. DO NOT bathe, soak in the tub or hot tub, or swim until Dr. Calton says it is okay to do so.
- Except when showering, wear the TED hose (compression stocking) on the surgical leg for 30 days after surgery.
- **Chair Routine exercises:** After removing the bandage and pain pump, it is imperative to your recovery to start Dr. Calton's Chair Routine exercises in addition to the straight-leg lifts. The Chair Routine exercises will be demonstrated at your pre-op appointment. You can watch Dr. Calton demonstrate and explain the exercises on our YouTube channel, *Hips and Knees by Dr. Calton*. Go to [www.youtube.com](http://www.youtube.com) and search for "Dr. Calton's Chair Routine". **Perform 5 repetitions 3-5 times per day. Continue every day.**

### DAY 5 AFTER SURGERY

- We look forward to seeing you at your first post-op appointment in the clinic!
  - **We will have you walk and perform the Chair Routine exercises to measure flexion (bending your knee) and extension (straightening your knee).**
  - We may recommend adding stationary bike exercise to your regimen.
  - We will discuss formal physical therapy and refer you to a physical therapist close to where you live.
  - Additional follow-up appointments are usually scheduled 1 month, 6 months, and 1 year after surgery. More frequent appointments will be scheduled if Dr. Calton thinks it is necessary.

### DAY 14 AFTER SURGERY

- Remove the mesh dressing like you would remove a Band-Aid: lift and pull from one end to the other.

### CONTINUING INSTRUCTIONS:

- Continue with straight-leg lifts and Chair Routine exercises 3-5 times per day. Working hard at this is essential to improve your ability to bend and straighten your leg. If you are working with a physical therapist, do the leg lifts and Chair Routine exercises in addition to any physical therapy home exercises.
- Continue to use a stationary bike. Gradually increase bike exercise duration and resistance.
- Get back to things that make you smile and LIVE LIFE TO THE FULLEST!
- If you have any concerns or questions, please contact the Elevate Surgical office:  
**Text or call: (801) 758-0206 or email: [FrontDesk@ElevateSurgicalUtah.com](mailto:FrontDesk@ElevateSurgicalUtah.com)**