

Patient Education

Total Knee Replacement

*Putting Life
Back in Motion*



SENIOR *i*NDPENDENCE[®]
Home Health & Hospice

Home & Community Based Services



*Serving and caring for older adults
isn't just what we do...it's who we are*



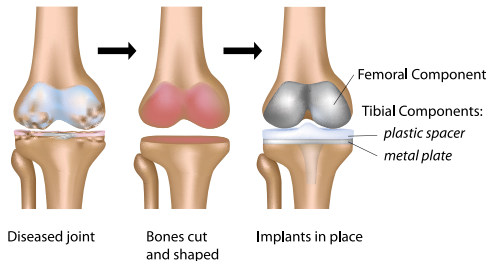
SENIOR *i*NDPENDENCE[®]
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What is a Total Knee Replacement?

Knee replacement surgery resurfaces the damaged parts of the knee joint with an artificial joint and relieves pain that prior treatments have been unable to control.

The knee consists of three parts that work together for smooth motion and functionality. If arthritis sets in and the cartilage that cushions the knee wears away, the knee joint must be replaced. That damaged

knee joint is then resurfaced with an artificial joint made of metal and plastic. Rest assured these materials are ultra strong and durable and designed to last a long time.



Your orthopedic surgeon considered many factors such as age, bone density and the shape of your joints when determining the knee replacement you received and how it was inserted.

Transition Record

I was in the hospital because: _____

If I have the following problems:	I should:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

My Appointments

1. _____ On: ___ / ___ / ___ At: ___ : ___ a.m./p.m.

2. _____ On: ___ / ___ / ___ At: ___ : ___ a.m./p.m.

3. _____ On: ___ / ___ / ___ At: ___ : ___ a.m./p.m.

4. _____ On: ___ / ___ / ___ At: ___ : ___ a.m./p.m.

Tests and issues I need to talk with my doctor(s) about at my clinic visit:

1. _____

2. _____

3. _____

4. _____

5. _____

Other Instructions

Important Contact Information

1. My primary doctor

()

2. My hospital doctor

()

3. My Senior Independence Nurse

()

4. My Pharmacy

()

5. Other:

()

6. Other:

()

I understand my treatment plan.

Date: _____

I feel able and willing to participate actively in my care:

Patient/Caregiver Signature

Provider Signature

Managing Recovery at Home and Knowing When to Get Help

The best thing you can do to improve your healing, functionality and independence is to continue the regimen of daily walking and exercises you started while in the hospital or other rehab facility.

Home Care Reminders

- Your leg may swell because you are on your feet more
- Use ice to treat pain and swelling
- If your leg swells, elevate it above heart level while laying flat

Incision Care

It is critical to keep the surgical wound clean and dry at all times while healing.

- Take sponge baths until the stitches or staples are removed
- If the central pad of the dressing looks soaked from underneath, call your Senior Independence nurse case manager immediately
- Do not immerse the incision in a bathtub or water
- If water gets into the incision, remove the dressing and apply a fresh one
- Do not soak the wound in water until it has sealed and dried
- After wound is sealed you may want to continue to bandage the wound site to prevent irritation from clothing or support stockings



Blood Clot Prevention

Blood clots are very serious and can travel from leg to lung. Warning signs include the following:

- **Leg** – Watch for increased pain in calf, tenderness or redness above or below knee, or increased swelling in calf, ankle and foot
- **Lung** – Watch for sudden shortness of breath, sudden onset of chest pain, or localized chest pain with coughing

Weight Bearing

The amount of weight you can safely put on your operated leg and knee varies from person to person. Your Senior Independence physical therapist will tell you how much weight you can put on your leg during the stages of your recovery.

Avoiding Falls

A fall during the first weeks after surgery can damage your new knee and may result in a need for further surgery. Stairs are a particular hazard until your knee is strong and mobile. You should use a cane, crutches, a walker, hand rails or have someone help you until your balance, flexibility and strength have improved. There are other assistive aides that your Senior Independence physical and/or occupational therapist can recommend to help with safety and recovery.



Total Knee Replacement – Use This Chart to Assist You

Senior Independence 24-Hour #: _____

Physician Name / #: _____

GREEN ZONE

ALL CLEAR

This Zone is
Your Goal



You're On Track:

- No signs of blood clots in legs or lungs
- No signs of infection (fever, chills, drainage)
- Gradual increase of daily activities (walk, sit, bend)
- Exercise to strengthen calf and leg muscles
- Increased mobility of new knee

Green Zone Means:

- Recovery is on track
- Continue medications as prescribed
- Continue to balance rest with activity levels
- Keep Senior Independence Home Health appointments
- Keep physician appointments

YELLOW ZONE

CAUTION

This Zone is
a Warning



Call Your Physician if:

- Signs of wound infection
 - Fever 100+ degrees
 - Increased redness, swelling, tenderness
 - Drainage from wound
 - Increasing pain with activity and/or rest
- Wound starts draining fluid, after it has stopped
- Trouble stretching leg or bending knee
- Back pain or lower leg pain when flexing

Yellow Zone Means:

- Your symptoms may indicate the need for further addition or a medication adjustment
- **Call your Senior Independence Home Health nurse and/or your physician**

See top of page for phone numbers – If you contact or see your physician, please contact Senior Independence also

RED ZONE

EMERGENCY

MEDICAL
ALERT!



Call Your Physician or 911 – ASAP!

- Sign of blood clot in legs or lungs
- Unable to walk or move leg, or knee feels very stiff
- Leg feels warm, tender, painful, swollen or red
- Chest pain, trouble breathing, or light headed
- Feel weak and faint

Red Zone Means: Call Your Physician or 911 – ASAP!

- You need to be evaluated by your physician immediately

See top of page for phone numbers – If you contact or see your physician, please contact Senior Independence also

Handling Activities of Daily Living

By deciding to have a knee replacement, you have taken the first step toward returning to your normal daily routine, without the pain and stiffness you experienced before surgery. If needed, your Senior Independence physical and/or occupational therapist will show you how to manage your daily routine as independently and safely as possible, through the use of adaptive equipment and home modifications.

Household Chores – Helpful Hints

- If using a walker, attach a walker bag or basket to carry items. Be careful not to overload the basket
- Always carry liquids in containers with covers
- Don't try to carry items while using a walker or crutches
- Sit while doing chores, until you feel comfortable standing



Dressing

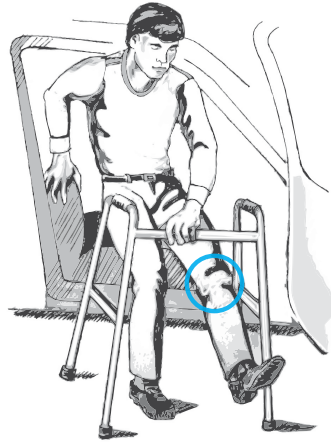
- Use a dressing stick or a long-handled reacher to put clothes on and take them off
- Use a long-handled shoehorn or dressing stick to put shoes on and take them off
- A sock aid is helpful for putting on your socks

Sleeping

- For comfort and safety, place a pillow between your legs to help keep your knee comfortable and stable. You may sleep on your back or on either side, whichever you find most comfortable

Getting into the car – Step by Step

- Enter the car using your non-operated-on leg from the street level, not the curb
- If sitting in the front seat, have someone slide the seat all the way back so you can enter
- Back up on your walker until you feel the car touch the back of your leg.
- Keep one hand on the walker, put your other hand on the back of the car seat, and slowly lower yourself to the seat keeping your surgical leg straight out in front of you. Be careful not to hit your head when getting in.
- Turn frontward, leaning back as you lift your surgical leg into the car.



Quick Tip

A firm cushion on the seat may raise you to a more comfortable sitting level

Devices to Help with Daily Activities

There are dozens of options available to help you on your road to recovery. These are just a few of the many options available to help make activities of daily living easier. Your Senior Independence nurse case manager, and/or your physical/occupational therapist will assist you in choosing which device(s) would benefit you most.

Grab Bars – Attach to wall in bathtub or shower for extra security



Non-slip Mat – Provides traction inside and outside tub or shower



Bath or Shower Seat – Look for a seat with backrest, non-skid rubber tips on feet, and height-adjustable legs. You'll need a hand-held shower spray to direct water where needed.

Tub Transfer Bench – Designed to get you into shower/tub without climbing over the tub's edge. Look for height-adjustable legs and non-skid rubber tips on feet.

Cane – For the right balance and support, your cane needs to be the correct length. When walking, always hold the cane on your strongest side



Hip Protectors – Protect hips in case of falls. Allows independence and an active lifestyle.

Sock Aid – Helps you dress yourself and may be recommended following knee replacement



Long-handled Reacher – Reach clothing or other items from your chair or the edge of your bed. Helps you dress yourself, retrieve items you can't reach.

Raised Toilet Seat – Fits on existing toilet seat, adding height for easier stand/sit





Healthy Eating

Some loss of appetite is common for several weeks after your surgery, but nutrition is a key component to your recovery. A well-balanced diet, is important to help heal your wound and restore much-needed muscle strength.

Eat Nutrient-rich Foods for a Healthy Recovery:

Vitamin E - Helps reduce oxidative stress and inflammation after surgery, which in turn strengthens muscles around your knee. Vitamin E rich foods - tofu, spinach, almonds, roasted sunflower seeds, avocados, fish (rainbow trout), olive oils, broccoli

Vitamin C - Vitamins E and C work together to help minimize the inflammation and increase strength in your knee following surgery. Vitamin C rich foods - fruits, vegetables - broccoli, bell peppers, cauliflower, and berries

Vitamin A - Helps speed production of collagen, a vital protein in your meniscus and other ligaments and tendons. Vitamin A rich foods - sweet potato, carrots, kale, squash, romaine lettuce, prunes, dried apricots, cantaloupe melon, sweet red peppers, blue fin tuna, mango

Zinc - Helps maintain a strong immune system. Zinc rich foods - seafood (oysters), spinach, chia seeds, flaxseed, nuts (almonds, pecans), chicken





Flavonoids – Help reduce swelling by protecting cells from oxygen damage, blood vessels from rupture or leakage, and enhancing the power of vitamin C. Flavonoid rich foods – Apples, blueberries, strawberries, tomatoes, onions, cabbage, black beans

Fiber – Helps motion of food through your digestive tract. Fiber rich foods – cauliflower, broccoli, cabbage, berries (raspberries), leafy greens (romaine lettuce, spinach), celery, squash, kidney beans, white mushrooms, oranges

Drink Plenty of Fluids

Water – it does your body good by keeping your mucus thin and easier to cough up. A good goal is to drink 6-8 glasses of water throughout each day. Limit drinks with caffeine, such as coffee, tea and soda. Too much caffeine may interfere with your medication and make you feel nervous.

A Senior Independence clinician can help you put together a meal plan that fits your health goals, food preferences and lifestyle.



Making Good Choices

Going Grocery Shopping

A meal plan can seem challenging when you're faced with hundreds of shelves worth of choices combined with all those confusing food labels.

- Check nutrition labels – choose foods that are low in saturated fat and sodium. Avoid food with trans fat.
- Keep your carbs in mind – A healthy diet contains a variety of colorful fruits, vegetables and whole grains.
- Look for meats that are labeled “lean” or “extra lean.”



Nutrition Facts

Use the Nutrition Facts section on food labels to learn more about what is in the foods you eat. The nutrition facts will tell you how much protein, carbohydrates, fat and sodium are in each serving of a food.

This can help you pick foods that are high in the nutrients you need and low in the nutrients you should limit.

The nutrition fact guide on the right shows the key areas that will give you the information you need.

Source: American Kidney Foundation. The Nutrition Facts label shown does not represent labeling requirement standards. For educational purposes only.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container About 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
<small>% Daily Value</small>	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 47mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	¥ Vitamin C 2%
Calcium 20%	¥ Iron 4%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1 Serving size

2 Amount of calories

3 Limit these nutrients

4 Get enough of these nutrients

5 Footnote showing daily values

Daily Food Journal

Day: _____

Date: _____

	Time of Day	Serving Size	Food
BREAKFAST			
LUNCH			
DINNER			
SNACKS			

DAILY TOTALS: Water (8 oz. per serving)

Grains

Nuts/Seeds

Protein

Dairy

Fats

Sweets

Readers may copy tracker for personal use.

Adding Activity to Your Life

Resuming activity is a critical component in helping you improve your overall quality of life and regaining your sense of control. Some pain with activity and at night is common at first, but should lessen as mobility improves. We recommend taking your pain medication approximately 30 minutes before therapy or starting your exercise program to help reduce pain.

It's important to keep moving while improving your mobility.

Strengthening exercises you can do in bed, and throughout the day include the following:

- Do ankle rotations with your operated leg
- While seated, straighten your knee and count to 5. Then bend your knee so your foot goes under the chair and count to 5 again
- Walk hourly throughout the day. Take a longer walk, two or three times daily, to build endurance
- In bed, push heel down into bed while laying down
- Place towel under heel, tighten knee by pushing the back of the knee down into the bed
- Move operated leg outward toward side of bed, then back again
- While lying on your back with a pillow under your knee, straighten the knee as far as possible, and then slowly lower your heel down. Remove pillow after completing the exercise
- Bend your non-operated knee, keeping operated knee straight. Lift straight leg about six inches off the bed

Safety First!

- Ask your physician and/or Senior Independence nurse case manager if there are any activities you should avoid prior to beginning an exercise program.
- Always warm up prior to any workout and cool down afterward. This includes working at a light intensity for about 5 minutes, then stretching for 5 minutes before and after your workout.

Weekly Exercise Tracker Week of: _____

Day	Type of Exercise or Activity	Time Spent	Notes and/or Fatigue Level

WEEKLY TOTALS: STRENGTH TRAINING AEROBIC ACTIVITY (30 minutes)

Reader's may copy
tracker for personal use.

Medications

Taking medications as prescribed by your physician is critical to a successful recovery. That's why it's important for you to:

- Know the names of your medications, how they work, how much and when to take them
- Take your medications at the same time every day as directed by your physician
- Never stop your medications without physician approval
- Keep medications in the original bottles (do not mix medications together in one bottle)
- Do not take over-the-counter or herbal medications without first speaking with your physician



Common Medications for Total Knee Replacement May Include

- **Antibiotics** – After total knee replacement you are at higher risk for infections. You may need to take antibiotics before you have any dental work (tooth filling or root canal) or other surgical procedures, such as a colonoscopy.
- **NSAIDs** – Ibuprofen or Naproxen may help decrease pain and swelling. They may also be used if you have a fever.
- **Pain Medication** – Your physician may prescribe opioid pain relievers. Don't wait until the pain is too bad before taking your medicine – it may not decrease your pain if you wait too long. Keep your doctor advised if medications don't decrease your pain, or if your pain comes back too soon.
- **Blood Thinners** – Keep blood flowing and help prevent clots. Be advised that clots can cause a stroke, heart attack, and even death. That's why taking your blood thinner is so important.

Daily Medication Tracker

Day of the Week	Name of Medication & Dosage	Morning Breakfast	Noon Lunch	Evening Dinner	Bedtime

Providing the Services You Need, Whenever You Need Them

Senior Independence is an affordable, comprehensive program that gives adults the help they require and the confidence they need to stay at home and live the life they choose. A menu of options allows adults to select as much or as little assistance as they need.

Since 1980, Senior Independence has grown from a few clients to serving more than 67,000 seniors throughout Ohio, Kansas, Montana, Pennsylvania and Virginia. We feel blessed that so many adults and their families have come to trust us in delivering services in the place they call home. We have two words that describe the relationship between our staff and clients – kindness and trust.



Home Health

Offering as much or as little help as you need by providing skilled services, under your doctor's direction in the comfort of the place you call home

Senior Independence is a not-for-profit provider of home and community based services.



Hospice

Enhancing every remaining moment through focusing on comfort and quality of life. Our team manages pain and other symptoms while also addressing emotional, social and spiritual needs



Home Care

Assisting with the day-to-day activities of daily living, through non-medical care, to help you enjoy the independence you love in the place you call home



Adult Day Centers

Combining expert health services with social and therapeutic activities in a secure, safe and welcoming environment that includes transportation services



Community Care

Working with communities and organizations to help create cost-effective options for adults who are able to safely and comfortably live in their own home



iCaregiver.org

Providing current information on caregiver issues; easy-to-print guides, worksheets and educational materials to assist families in successful planning; and direct links to other websites



The Continued Care Program

The Senior Independence “Continued Care” Program allows the home health patients who have been discharged from our program, to continue to have interaction with our staff and organization. Through this new program, our goal is to create an environment where our patient maintains a connection to Senior Independence, even after discharge, through follow up calls and mailings.

A Senior Independence representative will call the patient to provide continued encouragement and support 60 days after discharge from our home health program. In addition, we will be sending personal invitations to the patient to attend local Senior Independence or OPRS community events.

The “Continued Care” Program allows us to demonstrate our mission to extend and enhance the independence and well being of older adults and build the capacity of family members, communities and organizations to care for them at home.



For more information please call 855.579.4967

www.seniorindependence.org



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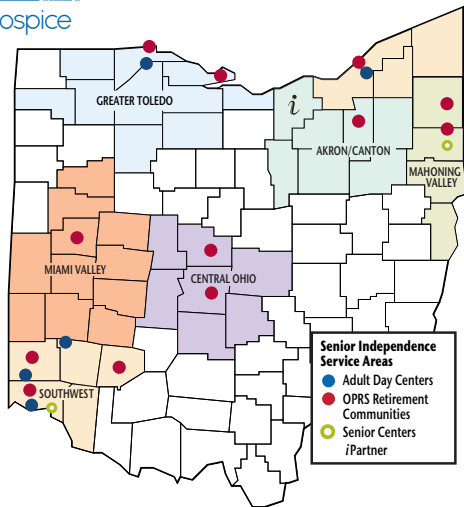
SENIOR INDEPENDENCE[®]

Home Health & Hospice

800.686.7800 • www.seniorindependence.org
www.icaregiver.org



Since 1922, Ohio Presbyterian Retirement Services (OPRS), a not-for-profit organization, has defined the highest standards of quality of life for older adults. As a wholly owned subsidiary of OPRS, Senior Independence provides older adults with compassionate care and services so they may remain safe and independent in the place they call home.



Service Locations

Akron/Canton Region

330.873.3468

Serving Ashland, Cuyahoga, Lorain, Medina, Portage, Stark, Summit & Wayne Counties

Central Ohio Region

614.433.0031

Serving Delaware, Fairfield, Franklin, Licking, Madison, Pickaway & Union Counties

Greater Cleveland Region

440.953.1256

Serving Ashtabula, Cuyahoga, Geauga, Lake & Portage Counties

Mahoning Valley Region

330.533.4350

Serving Ashtabula, Carroll, Columbiana, Jefferson, Mahoning, Portage, Stark & Trumbull Counties

Miami Valley Region

937.415.5666

Serving Allen, Auglaize, Champaign, Clark, Darke, Greene, Hardin, Logan, Miami, Montgomery, Preble & Shelby Counties

Southwest Region

513.681.8174

Serving Butler, Clermont, Clinton, Hamilton, Preble & Warren Counties

Greater Toledo Region

419.865.1499

Serving Defiance, Erie, Fulton, Hancock, Henry, Lucas, Ottawa, Sandusky, Seneca & Wood Counties

Senior Independence does not discriminate against any person on the basis of race, color, religion, age, gender, sexual orientation, disability (mental and/or physical), communicable disease, or place of national origin in admission, treatment, or participation in its programs, services and activities, or in employment.



Partnering with other not-for-profit organizations to provide home and community based services

Ohio

Kendal Northern Ohio • 440.731.8801

Serving Lorain County

McGregor • 216.851.8200

Serving Cuyahoga County

Kansas 316.252.6521

Senior Independence Hospice of Mid-America

Serving St. Francois, Iron, Madison, Ste. Genevieve & Washington Counties

Missouri 316.685.1100

Senior Independence Hospice of Mid-America

Serving Sedgwick, Butler, Harvey, Reno, Cowley, Kingman and Sumner counties

Montana 406.655.5800

Senior Independence of Montana
 Serving Yellowstone County

Pennsylvania 724.864.7388

Southwestern Pennsylvania
 Serving Westmoreland & Allegheny Counties

Virginia 434.386.3800

Westminster Canterbury Lynchburg
 Serving South Central Virginia –
 Based in Lynchburg