









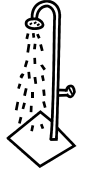

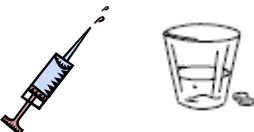









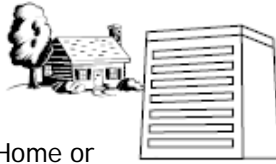



CARE PATHWAY: TOTAL **KNEE** REPLACEMENT SURGERY

	Day of Surgery	Post-Op Day 1	Post-Op Day 2 (Day of Discharge)	At Home or Rehab
NUTRITION	 Ice chips or clear liquids	Liquids  Clear liquids then usual diet as tolerated	 Usual diet as tolerated	 Usual diet as tolerated
ACTIVITY	 Cough & deep breathing. Pillow under Ankle 	 Physical Therapy Knee exercises 	 Begin stairs Sit in chair for meals	  Ok to shower Ok to drive in 6-8 weeks
MEDICATION	PCA pump for pain control 	Pain medication 	 Lovenox injection teaching	 Pain medication Blood Clot prevention
TREATMENT	 SCD/ Compression hose Urinary catheter 		 Remove foley Change Dressing Toileting	Home Health  Walking/knee exercises Staple removal 10-14 days
PLANNING FOR HOME CARE		Discharge Planning  Home Equipment 	 Home or Skilled nursing facility	

This pathway has been developed to assist with your recovery from surgery. Please note this is only a guideline and therefore variations may occur based on your individual situation. Rev. 07/2014 Kaiser Permanente Redwood City Medical Center ©