



## INSTRUCTIONS 3 WEEKS POST OP – KNEE

- You may stop taking the aspirin and continue with an NSAID of your choice (ibuprofen, Naproxen, Aleve, Celebrex, etc.)
- If you were prescribed Eliquis (blood thinner), you may stop taking it now, and start taking Aspirin 81mg once daily for 30 days and Celebrex for 30 days
- Taper off or stop all narcotic pain pills
- Start physical therapy outpatient, if you have not already
- May soak in a pool or tub in one week
- NO restrictions or limitations within reason
- Resume driving if off all narcotic medicine and are able to move and respond easily
- A little redness, swelling, and warmth around the knee is normal
- Continue to apply ice after physical therapy, heavy activity, and at the day's end
- Avoid any dental work for the first three months after surgery. Antibiotics before dental work are often not necessary. They are not needed for cleaning, cavity fillings, tooth crowns, or other routine exams. Antibiotics are recommended for tooth extraction, major tooth or gum infection, and major periodontal surgeries of the gum and bone.