



Mammoth Orthopedic
Institute

Michael M. Karch
Adult Hip & Knee Computer Navigation &
Robotic Replacement
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POST-OPERATIVE INSTRUCTIONS: JIFFY ROBOTIC TOTAL KNEE REPLACEMENT



Read ENTIRE instructions carefully:

You have undergone a Jiffy Robotic Total Knee Replacement by Dr. Michael M. Karch, MD. The following list provides expectations for the first week after discharge from the hospital.

1. **Blood Thinner:** Continue your Aspirin 81 mg orally every 12 hours (twice daily) or any other prescribed blood thinner starting 24 hours after surgery, as directed. Continue until Dr. Karch advises discontinuation. For Aspirin, this is typically 30 days. If you were previously on a blood thinner for other medical reasons, continue your original dose indefinitely. If you are unsure which blood thinner to take, please contact Dr. Karch's office the next business day at (760) 924-4084.
2. **Compression Stockings:** Continue wearing thigh-high compression stockings until instructed otherwise. You may remove the stocking from the nonoperative leg 48 hours after surgery and from the operative leg one-week post-surgery. Ensure the stockings are pulled up completely to avoid creases that could cause skin abrasions or blisters. If issues arise, remove the stockings and contact the office.
3. **Bruising:** Bruising on your thigh that may extend down to your ankle is normal early in recovery.
4. **Knee Clicking:** A clicking sound in your knee is expected due to the artificial components.
5. **Dental Procedures:** Do not resume routine dental cleanings until at least 6 weeks after your surgery.
6. **Dressings:** You will be given either a **Jump Start Dressing** (brown) or a **Provena Wound Vacuum Dressing** (black strip with an attached vacuum device). Leave both dressings in place until your two-week appointment. If the wound vacuum stops working or starts beeping, please call the orthopedic office at (760) 924-4084.
7. **Infection Signs:** If you experience a fever of 101.5°F or higher, white drainage from the incision, extreme redness, heat, or a foul odor from the incision, contact our office immediately. If it is after hours, page the on-call provider at (760) 924-4084 or go to the Mammoth Hospital Emergency Department. It is normal for the post-surgical knee to feel warm. Please do not go to the Northern Inyo Emergency Room as Dr Karch does not have privileges there and cannot assist you.
8. **Pain Medication:** Allow at least 2 business days for pain medication refill requests. Refills are not processed during non-business hours, so please do not page the on-call provider for this. Ensure refill requests are made by 10 a.m. on Fridays by calling (760) 924-4084 at the Mammoth Orthopedic Institute office to make sure that this request can be filled for the weekend. The same applies to all Monday holidays.
9. **Physical Therapy:** Begin outpatient physical therapy within a couple of days post-surgery. If your therapy appointment hasn't been set up, call our office the next business day. Contact Mammoth Physical Therapy at (760) 934-7302, Bishop Physical Therapy at (760) 872-7766, In Balance Mammoth PT at (760) 709-2005, or one of the PT offices in Ridgecrest. Ensure no more than 5 days lapse between your first PT visit and the day of hospital discharge. If you cannot arrange a physical therapy visit within the first 5 days, please contact the orthopedic office in Mammoth or Bishop and ask for a member of Dr. Karch's hip and knee replacement care team.

10. **Bandage Management:** If your bandage feels too tight within the first 48 hours, roll down the compression stocking to relieve the tightness, then pull it back up once the tightness resolves. If concerns persist, contact the office.
11. **Antibiotics:** If prescribed antibiotics, start them as soon as you get home and finish the full course.
12. **Home Exercises:** Perform your daily home exercises at least 4 times a day for 30 minutes each session. Begin as soon as you get home.
13. **Sleeping Position:** Do not place anything under your knee while sleeping. Elevate your heel so your knee remains straight, and sleep on your back to help keep the knee straight.
14. **Breathing Exercises:** Perform deep breathing exercises 10 times every hour while awake.
15. **Driving:** Do not drive until instructed to do so. Although there are no set rules and there are differences among all patients, this is typically around 2 weeks for a left knee and 4 weeks for a right knee. The ability to quickly react and brake with appropriate force is the principal concern and safety of others on the road should be strongly considered. Never drive with a narcotic in your system as this is essentially a DUI.
16. **Nerve Block:** If you had a nerve block and are not experiencing pain on the day of surgery, take one tablet of your narcotic pain medication before bed to prevent pain when the nerve block wears off. You can alternate pain medication with acetaminophen (Tylenol) if needed, but do not exceed 4,000 mg of acetaminophen in 24 hours.
17. **Ice Therapy:** Do not apply heat to the incision area. Use ice frequently in the first few weeks post-surgery to reduce swelling. Do not apply ice directly to the skin; use a light towel or keep the leg stocking on between the ice and your skin. Elevate your leg above the heart while icing.
18. **Foot Pumps:** Perform foot pumps on both feet at least 10 times every 15 minutes while awake to prevent swelling and blood clots. If the operative leg is significantly swollen, lie flat and elevate your heel with 3 pillows to raise the heel above heart level, then perform foot pumps.
19. **Emergency Symptoms:** If you experience sudden shortness of breath or severe calf pain, go to the nearest emergency room as these could be signs of a blood clot.
20. **Constipation:** Pain medication may cause constipation. You can take over-the-counter stool softeners or laxatives such as Docusate sodium, Colace, Senokot, Dulcolax, or MiraLAX while on pain medication.
21. **Follow up:** For Patients living in the Eastern Sierra (Walker through Ridgecrest), please call the Mammoth Orthopedic Office at 760-924-4084 in order to schedule a clinic appointment at either our Mammoth or Bishop offices approximately 2 weeks after your surgery. For patients who have traveled to Mammoth from out of state or great distances within the state of California, please call the office at 760-924-4084 and a video telemedicine post-operative visit will be made with you approximately two weeks after your surgery.

Things to watch for:

- Increased swelling at the surgical site
- Spreading redness around the incision
- Pus drainage from the incision
- Fever of 101.5°F or higher
- Acute pain (the size of a quarter) in one exact spot on the back of the calf (Blood Clot)
- Acute Shortness of breath - Blood Clot migrating and blocking air movement in the lungs.

If any of these symptoms occur, or if you have any questions, please contact our office at (760) 924-4084. If you need to reach Dr. Karch or his staff after hours, please call your local emergency room in either Mammoth, Bishop or Ridgecrest. Please note that pain medications are not refilled after hours or on weekends.

Websites:

www.JiffyKnee.com

www.MammothOrtho.com