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## TOTAL, PARTIAL (UKA/PFA) & REVISION KNEE ARTHROPLASTY

### INPATIENT NURSING PROTOCOL

Last Revised: FEB 2015

1. 24 hours of IV ABX: Vanc + Ancef (or Clinda if PCN allergic)
2. DVT prophylaxis: early mobilization (RRP) is more important than chemoprophylaxis
  1. low-risk: ECASA 81mg BID x 30 days
  2. high-risk:
    1. normal renal fxn: Xarelto 10mg PO QDay x 30 days
    2. renal insufficiency: Lovenox 30mg SQ QDay x 30 days
3. ACTIVITY: UP OUT OF BED TO CHAIR WITHIN 2 HRS UPON ARRIVAL, THEN TID W/ MEALS
  1. "RRP" - Rapid Rehab Protocol
4. WB STATUS: GENERALLY WBAT w/ ROLLER WALKER
  - a. REVISIONS: MAY BE TOE-TOUCH DUE TO BONE LOSS \*\*THIS WILL BE CLEARLY NOTED IN THE ORDERS & OP REPORT\*\*
5. AN INTEGRAL PART OF "RRP" IS MULTI-MODAL PAIN MANAGEMENT WHICH INCLUDES:
  1. scheduled non-narcotic analgesics (eg acet, tramadol, & cox2s)
  2. minimal narcotic use
  3. regional anesthesia: adductor canal block
  4. a local injection (cocktail, Exparel, etc)
  5. avoidance of PCA pumps.
6. Knee-high TED hose to bilateral LEs at all times x 4 wks
7. SCDs to bilateral LEs while in the hospital
8. Instruct importance of gaining terminal extension to prevent flexion contracture:
  - a. Highly discourage pillows under the knee while in bed
  - b. DO NOT gatch-up knee/middle portion of bed
  - c. Do place pillows under heel while seated & in bed
9. Polar Care:
  - a. instruct pt & family on proper use
  - b. NEVER place it directly onto patient's skin (place over the ace wrap)
  - c. 30-45 mins, 3-4x/day
10. FOLEY: REMOVED IN PACU
  1. \*\*MALES >60y/o: FLOMAX PO QHS TO PREVENT URINARY RETENTION
11. DRAIN: CLAMPED X 2HRS POSTOP, REMOVE ON POD1, PLACE STERILE 4X4 & TEGADERM
12. DRESSINGS:
  - a. Remove soft roll on POD2, then re-wrap ace from TOES to THIGH
  - b. DO NOT REMOVE AQUACEL: ITS WATER-PROOF: SHOWERS OK, NO BATHS
    - i. CALL IF: > 60% STRIKE-THROUGH OR BROKEN SILICONE SEAL
    - ii. WILL BE REMOVED IN MY OFFICE AT POW2 VISIT (ALONG WITH STAPLES)
  - c. if NOT an Aquacel, reinforce prn, then change on POD2 w/ same dressing
  - d. sutures/staples: if present, will be removed in 2wks.

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