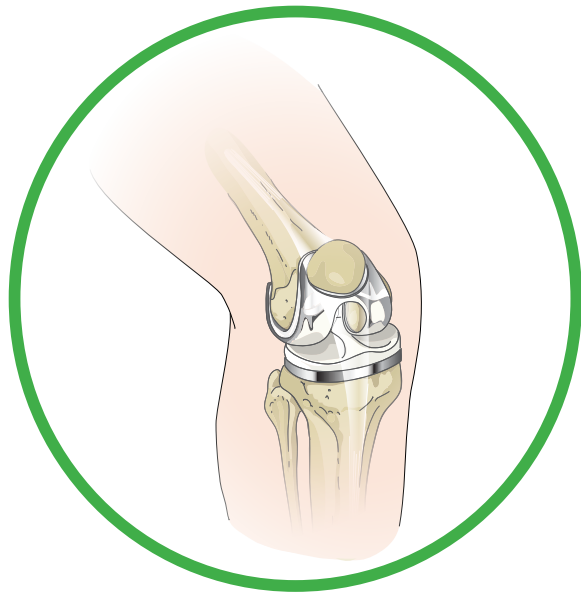


Path to Home Guide: Knee Surgery



Centre universitaire
de santé McGill



McGill University
Health Centre

Office d'éducation des patients
Patient Education Office

Centre de santé et de services sociaux
de l'Ouest-de-l'Île
West Island
Health and Social Services Centre

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	Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Breathing Exercises				
Activities				
Pain Control	<p>Pain Intensity Scale</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>No pain Pain as bad as you can imagine</p> <p>pain should be kept below 4</p>	<p>Pain Intensity Scale</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>No pain Pain as bad as you can imagine</p> <p>pain should be kept below 4</p>	<p>Pain Intensity Scale</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>No pain Pain as bad as you can imagine</p> <p>pain should be kept below 4</p>	<p>Pain Intensity Scale</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>No pain Pain as bad as you can imagine</p> <p>pain should be kept below 4</p>
Nutrition				
Tubes & Drains				

Path to Home Guide: Knee Arthroplasty

	Day of surgery	1 Day after Surgery	2 Days after Surgery	3 Days after Surgery
Breathing Exercises	Start breathing exercises	Continue doing my breathing exercises every hour while awake.		
Activities	With help, get up and sit in the chair, as tolerated Start doing my leg exercises as soon as I wake up.	With help, get up and walk 2 times to the door of your room and back to your chair. With help, walk and use the bathroom, not the bedpan or commode. Sit in the chair for all my meals Be out of bed for most of the day. An xray of my knee may be done	With help, get up and walk 2 times longer distance than yesterday With help, walk and use the bathroom, not the bedpan or commode. Be out of bed for most of the day. If not done yesterday, An xray of my knee may be done	With help, get up and walk 2 times longer distance than yesterday With help, walk and use the bathroom, not the bedpan or commode. Be out of bed for most of the day. If not done yesterday, An xray of my knee may be done
Pain Control	Tell my nurse if my pain reaches 4/10 on the pain scale.			
Diet	Take liquids - drink if I am not nauseous.	I should be able to go back to my normal diet today. I should drink and eat fruits and vegetables to prevent constipation.	I should receive a normal diet	
Tubes & Lines	An intravenous will be connected to give me fluids and medications.	The intravenous might be removed today	There will be no tubes or drains connected when I leave for home	

IMPORTANT! PLEASE READ

Information provided by this document is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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