

SUTHERLAND TOTAL KNEE ARTHROPLASTY ORDERS

ADMIT PACU > 6N/ORTHO/INPATIENT ACUTE

DX: s/p _____TKA

CONDITION: _____

ACTIVITY: OOB with assistance day of surgery, WBAT with assistive devices PRN

Knee Immobilizer while CPM and in bed to prevent flexion contracture

CPM: PLACE IN PACU at 90 degrees for 2 hours, then -10-120 degrees as tolerated for 8 hours or more per day

VITALS: Every 6 hours

NURSING:

TEDs and Foot Pumps BLE while in bed

Cough, Turn, Deep Breathe, and Incentive Spirometry Q1 while awake

I&O Cath PRN, leave in PRN>500cc output

Polar Care to knee, recharge Q4 and PRN. BEGIN IN PACU

31 Humidified O2 per NC x48 hours

Drain per protocol, unclamp after one hour, and remove 0900 POD #1 (regardless of output). Re-apply/reinforce compressive dressing. DO NOT REMOVE Tegaderm dressing over wound

Resume pre-op diet ASAP.

IVF: LR @ _____ml/hr until tolerating pos, then Heparin lock.

LABS: CBC, BMP, H&H POD #1; H&H POD #2 & #3

Consult _____for Medical Management.

SOCIAL WORK: Rehab Consult PRN Bilateral TKA

Discharge planning to arrange outpatient PT at patients choice of facility 3x Week for 6 weeks. Walker with wheels, 3-in-1 chair prior to discharge.

THERAPY: Physical Therapy to assist with gait training, transfers, ROM, WBAT

Occupational Therapy to assist with ADLs

MEDS: ABX: Ancef _____gm IV Q6 for three post-op doses OR

Clindamycin 600/900mg IV Q6 for three post-op doses

Vancomycin 1 gm IV q12x2

PAIN CONTROL: Tylenol 1000mg IV TIDx48 hours, then PRN pain or fever (limit 3000 mg/day)

Celebrex _____mg po daily/ BID

Oxycontin _____mg po BID

Dilaudid 1-4mg po Q4 prn pain

Ultram 50mg 1-2 po q4 PRN pain

Dilaudid 0.25-1 mg IV Q2 prn breakthrough pain.

OTHER MEDS: Lovenox 40mg SQ daily begin POD #1 in AM

Zofran 8mg IV in PACU, then 4mg IV/PO Q4 prn nausea

Ambien 5-10mg po QHS PRN insomnia

Pepcid 20mg po daily

Colace 100mg po BID

Flomax 0.4mg po qPM, begin night of surgery (males only).

Mylanta 30-60cc po Q4 prn indigestion

Dulcolax suppository daily prn constipation

Mag Citrate ½ -1 bottle po daily prn constipation

Milk of Magnesia 30cc po Q12 prn constipation

Fleets enema prn Q12 prn constipation

Other Orders:

Dr. George Sutherland / Darron Standiford PA-C

Date/Time