

# 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:

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Dr. George Sutherland / Darron Standiford PA-C

Date/Time