



Krishna Tripuraneni, MD

Board-Certified Orthopaedic Surgery
Fellowship-Trained in Adult Joint Reconstruction
Surgical Intervention

Specialty: [Hip & Knee Total Joint Replacement](#)

Office 724-3260 Fax 338-4118

Dressing and Incision Care

Following partial/total knee or total hip replacements/revisions, please use the following instructions for care of your dressing and the underlying incision.

1. From the day of your surgery until 7 days after, please keep your dressing in place. (for example, if you have surgery on a Monday, please remove your dressing the following Monday). If there is an ace wrap, then remove it 3 days after surgery and keep the underneath waterproof dressing in place.
 - a. You may shower over this waterproof dressing (it is either Mepilex or Silverlon).
2. After removing your waterproof dressing on the 7th day after surgery, leave it open to air, unless it is irritated by the clothes you wear (if so, place a light dressing from your local pharmacy).
 - a. You may shower over the incision after the dressing is removed.
 - b. After removing the dressing, steri strips will be present and there should be no drainage. If there is some drainage, please let me know.
3. Do not apply anything over the incision until instructed to do so. This includes any lotions, Neosporin, soap, or the like.
 - a. When showering over the incision, let soap and water run off the incision and do not rub it. Pat the incision dry with a clean towel.

A Few More Tips

-- Please use scheduled Tylenol, 1000mg every 8 hours for the first week. Over the counter, no prescription needed.

--For medication refills please call Lidia Talavera at 505-724-3260; please allow us 24-48 business hours to complete these requests and we are happy to do so.

--No soaking or bathing of the incision or swimming for 4 weeks.

--No driving for 4 weeks, unless off narcotics *and* operative side is the left with automatic car

-- You may remove TED hose whenever you would like; this is for swelling only.

-- REMEMBER TO TAKE YOUR BLOOD THINNER: 81 mg Chewable Baby ASA every 12 hours