

What to do and what to expect on your journey to a new knee

My name is Ted Greenlees, and I've been through two knee replacement surgeries. The first one was difficult because I wasn't fully prepared. By the second, I understood what to expect and approached it with confidence. After that experience, I wanted to help others prepare and avoid the uncertainty I faced the first time.

So, I created **“What to do and what to Expect on Your Journey to a New Knee,”** this four-page guide that distills the lengthy pre-surgery booklet your doctor gives you (and that most people never read). This guide has been endorsed by doctors, clinicians, in-home nurses, and physical therapists. It doesn't offer medical advice—just a straightforward explanation of what you need to do and what you can expect

I also created the Chillin Time Ice Wrap. Our Ice Wrap features a unique Easy On/Easy Off design making it effortless to apply and remove even after surgery when movement is limited. “Chill Out with Chillin Time “

Many people who have read the below guide simply say, “Thanks, Ted. This was incredibly helpful—I knew what to expect.”

Before Surgery To Do / Get List:

- Any questions or concerns, contact your doctor or clinical team
- Get an over-the-counter sleep aid
- Have food accessible that is high in fiber (yogurt, oatmeal, bagels, etc.) along with electrolyte drinks
- Ice machine (cold therapy unit), walker, cane (Medicare supplies the ice machine and walker)
- (2) “Chillin Time” Ice Wraps
- Miralax, Preparation H
- Pair of shoes or slippers at least one size larger in length and width
- Cocoa butter with Vitamin E
- Prescription medications with a written medication schedule
- Line up someone to stay with you
- Schedule in-home nurse and PT appointments

- Clean around your knee with Hibiclens antiseptic soap days before surgery
- No food or drink after 12:00 a.m. the day of surgery

Day of Surgery:

- Wear loose-fitting clothes
- Arrive at prescribed time
- Check in and be placed in a room
- Wash your body with antiseptic wipes
- Change into a gown
- IV placed in your arm
- Nurse shaves around your knee
- Anesthesiologist and surgeon speak with you
- Taken into surgery approximately two hours after arrival

Surgery / Right After:

- Surgery lasts approximately one hour
- Likely receive spinal block, nerve block, or general anesthesia
- Feeling in legs typically returns within 24 hours
- Feel groggy and hungry upon waking
- Have your helper get you something to eat while in surgery
- Start drinking water right away—you must urinate to be released
- If Going Home Same Day:
 - PT nurse gets you up to walk
 - You will need to urinate
 - If all is good, doctor releases you to go home
- If Overnighting:

- Brought to a hospital room
- Visit from PT nurse and doctor
- Released the following day if all is okay

Released from Hospital:

- Once home, ice and elevate leg (toes above nose)
- Caregiver manages medication first week
- In-home nurse visits next day to remove large bandage
- In-home PT visits day after surgery

What to Do and Expect in the Following Weeks:

- Fun and challenging—both mentally and physically
- Get your mind right
- Get up and walk around regularly
- Knee pain and swelling in leg and foot
- Thigh pain from tourniquet
- Ice frequently to reduce pain and swelling, using:
 - Ice machine / cold therapy unit
 - “Chillin Time” Ice Wrap
- Swelling typically lasts 2-3 weeks
- Sleeping will be difficult; consult doctor about sleep aids
- At first hint of constipation, consult doctor about Miralax
- Try to get off pain medication as soon as possible
- Staples or stitches removed about 2 weeks post-op
- Appointment with orthopedic doctor once staples or stitches removed
- After steri-strips are gone and incision has healed, apply cocoa butter

- PT starts around week 3 post-op (very important)
- By 8 weeks post-op, relatively pain free and sleeping better
- Appointment with orthopedic doctor at 8 weeks post-op
- Keep exercising to rebuild muscle and stamina
- Numbness around knee may last for some time
- Clicking in knee is normal and should lessen over time
- Foot may seem wider after surgery for some time
- Contact orthopedic doctor or PT with any concerns
- Can resume driving once off narcotics and no longer using a cane

Benefits of using the Chillin Time Ice Wrap:

- Chillin Time is great for icing the knee, thigh and calf
- Chillin Time features a unique Easy On/Easy Off design with adjustable Velcro straps making it effortless to apply and remove (see video)
- Chillin Time delivers 20-25 minutes of consistent cold therapy to reduce pain and swelling.
- Chillin Time is made with a durable nylon outer layer and a plush, soft fabric interior for direct skin contact.
- Chillin Time is perfect for individuals who have to have someone put on the ice wrap for them. (see video)
- CAUTION: many ice wraps being sold feature long Velcro straps that get all tangled up when putting on and taking off, causing unnecessary frustration and aggravation . (see video)

“Chill out with Chillin Time”

WISHING YOU ALL THE BEST ON YOUR KNEE REPLACEMENT JOURNEY!!

GOD BLESS,
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You can buy the Chillin Time Ice Wrap on our website:

<https://cticewraps.com/> 