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Nathan A. Mall, MD

Collin Magilligan, NP

Total Knee Replacement Information

Welcome, you together with the surgeon have decided to move forward with a total knee replacement. The next bullet points will go over Dr. Mall's typical surgical pathways. If you have any additional questions, feel free to reach out to use via email (mallteam@motionorthodocs.com) or phone and we would be happy to discuss specifics for your situation.

- Most total knee replacements will require a one night stay in the hospital. Therefore, we do the vast majority at Missouri Baptist Medical Center every other Friday in St. Louis or Southeast Hospital in Cape Girardeau one Monday per month.
- Both hospital systems require a pre-op visit within about a week prior to surgery to go over health history, any concerns that arise, and COVID testing.
- The surgery it's self will take about 2hrs from the time you wheel back til the time you end in recovery.
- They will provide a pain block that is sensory in nature and not motor, therefore you will be full weight bearing right away and will get up the evening after surgery with physical therapy.
- The next morning Dr. Mall or his nurse practitioner, Collin will come check on you to evaluate for unusual pain, nausea, or bleeding. You will have a second physical therapy session to help show you proper technique getting in and out of cars, up and down stair, and home exercises safely.
- You will go home with and ice machine that circulates cold water through a pad. This can be left on longer than typical direct ice packs and will help with swelling. It is best to freeze water bottles to rotate through the machine.
- You will also be provided with TED hose stockings. These are compression stocking to help prevent blood clots post operatively since you are not as mobile as usual. They should be worn the majority of the time for the first 6 weeks. Additional ones can be purchased online such as Amazon for around \$15.
- You will also go home with a CPM (continuous passive motion) machine. This machine is to help move the knee very slowly, progress range of motion, and decrease scar tissue. This should be done about 6hrs per day. The rep will help set it up for you.
- You will discuss with Dr. Mall and Collin whether you will start with home health and physical therapy for the first two weeks or progress straight to outpatient physical therapy depending on your mobility and comfort level.



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- Your first post op visit will be two weeks after the surgery when we will take out your staples and continue with physical therapy.
- Everyone's recovery rate differs according to range of motion, age, activity level, pain tolerance, etc. Physical therapy typically ends three months post op but improvements in strength, stamina, range of motion, and function can take up to a year.