



PATIENT EDUCATION FOR TOTAL JOINT REPLACEMENT

ACTIVITY:

- Weight bear as tolerated with walker unless otherwise instructed by your surgeon.
- Walk 10 minutes every hour.
- You will meet a Physical Therapist on your day of surgery. Perform physical therapy exercises at home as described by your therapist.
- Continue to do ankle pumps when not ambulating.
- Continue ice therapy (if ordered), otherwise use ice pack 20 minutes on, 20 minutes off. Never put the ice directly on your skin.
- Elevate operative leg. Never bunch a pillow directly behind the knee.
- Use the incentive spirometer 10 times per hour using slow, deep breaths.
- Wear the leg brace **WHENEVER** walking/standing for 24 hours after your surgery. Physical therapy will instruct you and your caregiver on how to use this device.
- On the day of surgery wear a tennis shoe: **NO CROCS or FLIP FLOPS!** This creates a fall risk for you.

DRESSING CARE:

- Keep your dressing on as long as possible if applicable.

BATHING:

- You will be instructed when you can shower. It is okay to get your dressing wet. Do not soak your incision, so no pools, hot tubs, or tub baths.
- Do not use any creams, ointments, or lotions on the incision until it is fully healed.

PAIN CONTROL:

- Total Joints will receive a nerve block from anesthesia in the pre-op area. This will help with about 60-70% of your post-operative pain.
- A Total Knee will go home with a pain pump. This will contain a numbing medication to help to control your pain for your first three to four post-operative days.
- Oral pain medication will also be prescribed. Narcotics can cause constipation so a stool softener, fiber, and fluids can help alleviate this side effect.
- Ice and elevation can also help with pain control.

BLOOD CLOT PREVENTION:

- Take your blood thinners as prescribed by your surgeon.

- Ambulate at least 10 minutes every hour.
- Do your ankle pumps when not ambulating.
- You will be sent home with calf compression wraps that you can use when sitting in the chair or while in bed. These are battery operated and rechargeable.
- Drink plenty of fluids so that your urine is clear or pale yellow.

WHEN TO CALL YOUR SURGEON:

A moderate amount of bruising, swelling, and redness can be expected after joint replacement surgery. If you experience any of the following you should contact your surgeon's office immediately:

- A FALL
- NUMBNESS, TINGLING, OR BURNING once the pain pump is discontinued, even after elevating your leg and applying ice. OR IF LEG FEELS TENDER, AND PAINFUL, AND BECOMES SWOLLEN AND HOT
- PAIN NOT RELIEVED BY PAIN MEDICATION, OR INCREASING PAIN
- THICK YELLOW DRAINAGE OR BLEEDING FROM YOUR INCISION SITE
- INABILITY TO DO YOUR EXERCISES
- TOES THAT ARE COLD AND DO NOT GET WARM WHEN YOU COVER THEM
- INCREASED REDNESS AROUND YOUR INCISION
- A TEMPERATURE OVER 101 DEGREES FARENHEIT
- YOUR INCISION COMES APART
- YOU URINATE LESS THAN ONCE IN 6-8 HOURS OR NOT AT ALL
- CALF TENDERNESS, WARMTH, SWELLING, AND/OR REDNESS
- ANY CHEST PAIN OR SHORTNESS OF BREATH

FOR TOTAL HIPS ONLY:

- Follow hip precautions. No flexion beyond 90 degrees. Do not cross your legs. Do not twist at the waist.

It is recommended that your caregiver accompany you on your day of surgery. There is a lot of information and instructions that you receive pre-op and post-op. Bring your walker with you on your day of surgery.

If you have any questions, please call the Dearborn Surgery Center at 313-253-2030 during business hours. You may also contact Sue El-kurdi, Total Joint Coordinator at 313-253-2043. If you need a refill on your pain prescription medication, please call your surgeons office.

Please read over all of your discharge paperwork after your surgery.