

Post-Operative Total Joint Replacement Patient Instruction Form

Diet:

Please resume your normal diet, and try to eat a balanced diet with adequate protein intake

I recommend that you try to take:

- Calcium 1200 mg daily
- Vit. D 600 units daily
- Vit. C 500 mg daily

Medications:

Please resume your normal home medications as scheduled, unless otherwise directed

Pain Medications: You will be on a multi-modal pain control regimen

Tylenol 650 mg oral every 4-6 hours

Celebrex 200 mg 1 tablet either once or twice daily (unless you have a sulfa allergy)

Tramadol 50 mg oral every 6 hours

Oxycodone 5 mg tablets you may take this as needed for pain, you can take 1-3 tablets every 3 hours, and you can taper the medicine down to as little as you need

Constipation Prevention: I recommend that you take the bowel medicine until you are off all narcotics

Senna: two tablets daily

Colace: 100 mg tablet twice daily

Dulcolax Suppository: only if needed for severe constipation

Blood Clot Prevention:

You will be placed on enteric coated aspirin and will have a special pair of leg pumps to wear for the first two weeks after surgery.

Enteric Coated Aspirin 325mg oral daily for the first 5 weeks after surgery

ActiveCare Leg Pumps: please wear the pumps on each leg for 20-23 hours a day. You may take the pumps off when you are showering or washing, but please wear them at all other times. If you have any problems with the pumps please contact the ActiveCare Rep that brought you the pumps. You may bring the pumps with you to your two week post-operative visit and the company will pick them up at my office. ****If you do not agree to wear the pumps then I will have to place you on a chemoprophylaxis agent to prevent blood clots that will increase your risk of bleeding.****

Therapy:

Knee Replacements: please continue to work on straightening the operative leg by pushing the knee down to the bed while the leg is extended and then to bring your knee to chest by bending the knee as much as you can tolerate

Follow the directions of your physical therapists. You may progress from a walker, to a cane, to no assist device as your strength improves.

Hip Replacements:for the first 6 weeks after surgery you may continue to walk as much as you feel comfortable. Please avoid doing any heavy exercises for the first 6 weeks. You may progress from a walker, to a cane, to no assist device as your strength improves.

Please try to avoid the at risk positions for dislocation that the physical therapist will teach you during your hospital stay.

Aquatic Therapy: aquatic therapy is great, but I ask that you do not do any for the first 21 days after surgery unless otherwise directed by myself

Wound Care:

You will have a special adhesive water proof bandage called an Aquacell Ag dressing. The dressing is waterproof and anti-bacterial. The dressing may stay on for the first 14-21 days as long as it is clean. You may shower and wash as normal with this dressing on. Please do not soak the area of the dressing until after your first post-op appointment when I will remove the dressing. Do not soak the area of the incision in a bath/pool/hot tub for the first 21 days after surgery.

Office Appointments after Joint Replacement:

2 week post-op: Wound check and dressing removal, please return your ActiveCare leg pumps

6 week post-op: Wound check and X-rays of the joint replacement

Knee Replacement: Range of motion check

Hip Replacement: Gait exam

3 months post-op: X-rays of the joint replacement and general checkup

Knee Replacement: range of motion check

6 months post-op: general checkup no x-rays

1 year annual visit every year post-op: X-ray of the joint replacement and general check up