



# TOTAL JOINT REPLACEMENT POST-OP INSTRUCTIONS

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Follow-up Appointment: \_\_\_\_\_

## **EXPECTATIONS:**

- Pain – you will have some pain. Please take your prescribed pain medication(s) as needed according to the instructions.
- Some swelling and/or bruising at the incision site and into the thigh or lower leg/ankle is normal

## **WOUND CARE:**

- Keep the wound clean and dry. Do not apply creams or ointments. Change your dressings daily or as needed.
- You may take showers and wash your wound with soap and water, but do not take tub baths.
- Wear your TED hose at all times until seeing Dr. Williams.
- You may apply ice to your surgical site 3-4 times daily for approximately 20-30 minutes. Keep your surgical limb elevated when you are resting.
- You may be prescribed a blood thinner (Lovenox® or Coumadin®) after being discharged from the hospital. This is to decrease your risk of blood clots, please take this medication as it is prescribed.

## **Please call our office if you have:**

- a temperature over 101°
- excessive redness, swelling, or warmth around your incision
- drainage of foul smelling odors coming from your wound
- chest pain, shortness of breath or are having difficulty breathing
- pain or swelling in your calf or thigh

*I love this joint!*

## **ACTIVITY:**

- Use your crutches or walker at all times unless otherwise instructed by Dr. Williams or your physical therapist. You may bear weight as tolerated unless otherwise instructed.
- Do not drive until cleared by Dr. Williams. (Usually around 4-6 weeks after surgery)
- You may walk as much as you like.
- Do not go to the dentist or have any medical procedures until after seeing Dr. Williams.
- If you are prescribed antibiotics, please take them as directed until the prescription has run out.

## **AFTER HIP REPLACEMENT DON'T**

- Cross your legs for at least 8 weeks
- Bring your knee up higher than your hip
- Lean forward while sitting or as you sit down
- Try to pick something up on the floor while you are sitting
- Turn your feet excessively outward or inward
- Reach down to pull the blankets up while lying in bed
- Bend at the waist beyond 90°

## **AFTER KNEE REPLACEMENT DON'T**

Sleep with a pillow under your operative knee

Twist your knee – turn your entire body instead

Participate in any sport or use exercise equipment until otherwise approved by Dr. Williams or your physical therapist.

## **ALWAYS REMEMBER**

After a total joint replacement, you will need to take antibiotics before having dental work done (i.e., cleaning, periodontal/gum procedures, tooth extractions, dental implant placement or reimplantation of teeth, root canal, initial placement of orthodontic bands or injection of a local anesthetic into the gums or near the jaw).

Additionally, you may need antibiotics before undergoing any of the following procedures:

Operation for kidney stones

Any procedure with incision into the wall of the urinary tract

Endoscopy of ureter or kidney

Any procedure on your bowel

Prostate biopsy

Indwelling urethral catheter

If you have additional questions regarding your total joint replacement, please feel free to contact Dr. Williams' office.

Dr. Timothy Williams, M.D., J.D.

Phone: 317.888.1051

[www.indyjointsurgeon.com](http://www.indyjointsurgeon.com)

[www.gotpain.org](http://www.gotpain.org)