

Discharge Instructions for Hip/Knee Joint Replacement Surgery

Dr. J. Daly (519) 622-5849

Dr. J. Leone (519) 624-5999

Dr. G. Martin (519) 622-2019

Dr. I. Radovanovic (519) 622-8715

Discharge Prescriptions

Discharge Prescriptions: You will resume all your normal home medications except those instructed by your surgeon. Please avoid all over the counter non-steroidal anti-inflammatories such as ibuprofen (Advil), naproxen (Aleve). You will be instructed when to restart these if needed.

Your prescriptions will be faxed to your desired pharmacy and primary care provider. You will be prescribed a blood thinner pill to prevent a clot, acetaminophen (Tylenol), and a laxative to take regularly, a narcotic to only take if you need it. For some, an additional anti-inflammatory called Celebrex.

Pain

Use acetaminophen (Tylenol) regular strength (325mg) 2 tablets every 4 hours for baseline pain control and ice (cold therapy). Move often for short periods to help with pain control. Use the stronger pain medication (narcotic) only if you need it. If you have concerns regarding pain control or feel you need a refill, contact your surgeon's office. **DO NOT go to the ER or a walk in clinic** as they will not prescribe pain medications for post-surgical patients.

Dressing Care and Showering

Water proof dressing: You can shower with this dressing. This will stay on for 5 days (the removal date should be written on the dressing) and then replaced with the non-waterproof dressing. Remove early only if fluid gets underneath or drainage is soaking through or reaching the border.

Non water proof strip dressing: Must be removed every 3 days. Change the dressing immediately any time fluid is soaking through and always when showering. You will be given 2 to go home with and you can purchase more at your local pharmacy.

Showering: Do **NOT** soak in water (bath, hot tub, pool) until staples removed and wound is completely healed. You may shower if no further bleeding from incision **and** greater than 3 days. When showering let soap and water run directly over wound but do not rub. Do not apply any creams or ointments to, or near wound (example. vitamin E, Polysporin). **Always keep incision clean and dry.**

Staples

The staples will be removed when you return for your follow up in the fracture clinic at Cambridge Memorial Hospital in about 2 weeks after surgery, when you will see the surgeon. If you are not from the area you may be given a staple remover and will need to arrange an appointment with your primary care providers' office 13-17 days from surgery and will be seen in the fracture clinic at 4-6 weeks after surgery.

Constipation

You will be asked to take Senokot 2 tablets twice a day until you are having more than one bowel movement per day. Then you can **decrease** the amount you take but make sure that you continue to have a bowel movement at least every second day.

Infection

Rarely occurs before 7-10 days after surgery. Signs of infection are:

- Constant high fever (greater than 38.2° C)
- Pus from the wound
- Pain that was getting better but then without reason gets dramatically worse.

It is normal to have swelling, heat around the joint and bruising over much of the leg, this will gradually increase over the first week. **If at any time you have concerns about infection please contact the Surgical Nurse Practitioner immediately (not the Emergency Department), as they will want to see you right away. See contact number below.**

Urinating

Problems urinating, or emptying your bladder can occur after surgery. This occurs most often in men who may have been having these symptoms prior to surgery due to an enlarged prostate. If at any point you have difficulty emptying your bladder contact the Surgical Nurse Practitioner.

***Nurse Practitioner Mobile Number:(519) 212- 5836. If your concerns occur out of regular office hours and you feel it's an emergency, when at all possible come to CMH Emergency Department so they can correspond with your surgeon.**

***We are responsible to track your postoperative course. If for any reason you are seen in an Emergency Department or have an Admission to Hospital outside of Cambridge Memorial Hospital, please call to notify us. CALL (519) 621-2330 - ask for extension ext 3088.**