

CHA ORTHOPAEDICS

# POST-OPERATIVE HOME INSTRUCTIONS



## Follow-up Appointments:

2 weeks, 6 weeks, 3 months, 6 months, 12 months, yearly

## Pain Control:

- Ice packs – use ice (Cryocuff for knees) to help decrease swelling and pain.
- You will be prescribed narcotic medications and other medications, like Tylenol, to help with your pain. Take these as directed by your surgical team.
- Please call the orthopaedic office 2 days before you will run out of your medication to allow your provider at least 24 hours to provide a refill if indicated.
- Narcotic medication is not refilled on weekends; be sure to call ahead if it will run out on a Saturday or Sunday.

## Wound Care:

- Leave Optifoam dressing in place for 14 days total. This will be changed by the surgical team, VNA, or rehab staff on post-op day 7 to a new dressing.
- You may shower with Optifoam on your incision.

## Blood Thinners:

- You will be on a blood thinner (usually Aspirin or Lovenox) to help prevent blood clots.
- For total knees, this is usually 2 weeks. For hip patients, this is usually 4-6 weeks.

## Physical Therapy:

- Physical therapy is a very important part of your recovery. It will help you to walk and move your joint normally again. When you are not with the physical therapist, they will give you exercises and stretches to do at home. It is very important that you do them every day.
- Be sure to take pain medication prior to your physical therapy appointments to allow you to be able to move better and get the most out of your sessions.

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# POST-OPERATIVE HOME INSTRUCTIONS

## CONTINUED

### Activity:

- Your surgical team will tell you how much weight you can put on your leg. In most cases, you can put as much weight on your leg as you can tolerate.
- You will need a walker or crutches to help you walk at first. After you become more comfortable and are stronger, you can use a cane. Eventually you should be able to walk without any help.
- It is important that you move your operative leg and walk as much as you can tolerate every day.
- Elevate your leg and apply ice to help reduce swelling.
- You may not drive until you are no longer taking narcotic medications.
- You should plan on not driving for at least 6 weeks after surgery. You need to have good motion of your joint and be able to use the gas and brake pedal safely. Discuss return to driving with your surgical team at your post-op appointments.
- **HIP PATIENTS:** You will have hip precautions or particular positions to avoid for at least 3 months after your surgery to prevent dislocation.

### Call the Orthopaedic Office at 617-665-1566 if you have the following:

- Calf pain or swelling
- Increased pain, swelling, or warmth at your surgical site
- Increased bleeding or notice discharge coming from your incision
- A fever or chills

For more information, please call 617-665-1566 or visit:

[www.challiance.org/services-programs/specialty-care/rehabilitation](http://www.challiance.org/services-programs/specialty-care/rehabilitation)