

## Post-Op Instructions for Total Hip and Knee Replacement

### Call 9-1-1 IMMEDIATELY if you have:

- Chest pain
- Shortness of breath
- Change in vision or slurring speech

### Call Dr. Horn's office if:

- You have a fever higher than 101 °F (38.3 °C)
- You have concerns about your incision (drainage, redness, swelling, warmth, severe pain, etc.)

### Incision Care:

- You may remove your outer dressing after 7 days
  - You do not need to cover your incision but if you have spotting you may use Band-Aids
  - **DO NOT** use antibiotic ointments on your incision (i.e. Neosporin)
  - **DO NOT** use lotions, oils, or any other product on your incision unless discussed with Dr. Horn's office.
- If dressing gets dirty, wet, or unsecure before removal, notify Dr. Horn's office
  - Bruising is normal near the surgical site. Mild bleeding from the incision is normal. Some patients may react to the solution used to sterilize the skin which can cause a rash. If you experience this, use Benadryl as directed.
  - Numbness around the incision site is normal for the first couple of weeks
  - You may have a sticky mesh dressing directly over your incision. **DO NOT** remove this until your follow up appointment at Dr. Horn's office
  - Most of your stitches are under the skin, meaning they will dissolve on their own and will not need to be removed
  - If you have staples, they will be removed 2 weeks after surgery
  - Blisters may appear due to swelling, which is normal

### Showering/Hygiene:

- After 7 days (and your post-op visit), you may shower and get your incision wet
- It is okay to GENTLY clean with soap and water if there is no bleeding or drainage coming from your incision
- **DO NOT** scrub your incision site
- **DO NOT** soak your incision in water (such as bathtub, hot tub, or swimming pool) until you are cleared by Dr. Horn

### Medications:

- You were given an instruction list for your post-op medications. Follow those instructions. If you have questions or concerns, contact the office

### Physical Therapy and Regaining Your Motion:

- Gradually increase to normal activity and walking daily
- If you are doing outpatient therapy, you will need a physical therapy order from Dr. Horn. Please contact Dr. Horn's office if no one has contacted you within 24 hours of being home

- **KNEES**
  - You will receive a CPM either at the hospital before discharge or you will be contacted and receive one at your home. If you are not contacted within 24 hours of discharge, call the office.

#### **Driving:**

- **DO NOT** drive for 6 weeks after surgery or until cleared by Dr. Horn
- **DO NOT** drive while under the influence of narcotic medication

#### **Preventing Constipation:**

- You may become constipated because of your pain medications, dehydration, and reduced activity
- To prevent constipation:
  - Purchase an over-the-counter stool softener and/or laxative to use before and after your surgery
  - Drink at least 8 glasses of water each day
  - Eat more fiber from fruits, vegetables, and whole grains

#### **Miscellaneous**

- **DO NOT** take chances, i.e. be careful on uneven ground, ice and snow, tile and waxed floors
- **DO NOT** use a bathtub, hot tub, or swimming pool for at least 1 month. It is best to check with Dr. Horn first to confirm your incision is completely healed
- Do not let animals near your incision site
- Take short walks around your house at least once every hour
- Use your walker, and eventually a cane, as indicated by your therapist
- Limit yourself to light housework. No bending or lifting until cleared by Dr. Horn
- Keep incision clean and dry
- **ANTERIOR (front incision) HIPS:**
  - Limit sitting in the car for long periods of time. If you have a long drive, stop every hour and stretch
  - Avoid low sitting seats/chairs/couches – bending at the waist beyond 90 degrees may cause increased pain
- **POSTERIOR (back incision) HIPS:**
  - Remain in knee extension brace for 6 weeks or until cleared by Dr. Horn
- **KNEES**
  - **DO NOT** sit and/or stand for long periods (no more than 30 minutes in one place)
  - Ice your knee for the first 72 hours after surgery and as needed thereafter. This will decrease pain and inflammation/swelling
  - You may also use heat packs as needed for comfort
- Remember the number one rule: **NO FALLING**
- If you have questions or concerns, call our office at **281-837-8550**

#### **Post-op Follow Up Appointments**

- We would like to see you in our office about **7-10 days** (unless told otherwise) after you are discharged. If you have not heard from our office within 24-48 hours of leaving the hospital, please call our office at **281-837-8550** to schedule that appointment.