

WOUND CARE:

Keep your dressing (bandage) on your wound clean and dry.

You may change the dressing according to when your provider told you to change it.

Check your wound for signs of infection. These include severe swelling and redness and drainage that have a bad odor.

HYGIENE:

Avoid soaking your incision in water (no bath tubs, or swimming pools) until your surgeon says it's okay.

Do not shower until your surgeon has advised you to.

When you can shower, let water run over your incision but DO NOT scrub it or let the water beat down on it.

CALL YOUR DOCTOR IF:

- Have a fever higher than 38.5 °C or 101 °F
- Nosebleeds and/or blood in urine/stool if you are taking blood thinners
- Fall or hurt your leg on the side that had surgery
- Separation of wound edges, green or yellow drainage from the wound, or increasing redness swelling, warmth or pain of the incision
- Have trouble urinating
- Increased pain that is not relieved by resting or pain medication
- Shortness of breath or chest/calf pain

REMINDER:

Make a follow-up appointment with your doctor as directed.



Care After Your Hip or Knee Replacement

Surgical Services Patient Education

PAIN MANAGEMENT:

Mild to moderate discomfort can usually be managed with acetaminophen (Tylenol) 650-1000 mg.

You will also be given a prescription for pain medication. Take it as prescribed for moderate to severe discomfort.

Ice packs are particularly helpful in decreasing swelling and tenderness. They can be used every 3-4 hours for ten minutes at a time.

You may use Cryotherapy as directed by your doctor.

BLOOD THINNERS:

Blood thinners have been prescribed to prevent any blood clots from forming.

Take the next dose of your blood thinner as stated on the discharge record.

Take the blood thinner the same time each day.

ACTIVITY:

The key to successful recovery is movement by walking and exercising your hip/knee as directed by your doctor and physiotherapist.

You can put weight through your leg using your walker as stated on your Discharge Information Record.

If you had your hip operated, follow the hip precautions in your book

If you had your knee operated, follow the knee precautions in your book

DIET:

You may eat a light diet on the day of surgery and return to your regular diet after that.

You may notice that your bowel movements are not regular right after your surgery. This is common. Try to avoid constipation and straining with bowel movements.

Include roughage in your diet: fruits and vegetables-especially prunes, lettuce, and celery. Increasing your dietary fiber such as bran cereals can also help

Drink 8 to 10 glasses (8 oz each) of water per day. If you add fibre without enough water, you may become constipated.