

KNEE/HIP POST-OP

Patient Guide

WITH DR. ATCHISON



1 KEEP MOVING!

Dedicate at least 20-30 minutes a day to exercise. You can break this up into shorter time intervals throughout the day.

2 SHOWERING

You can shower immediately once home. NO TUB baths for (4) weeks after surgery!

3 INCISION/DRESSING

The Zip Closure (zipline) over your incision may get wet, but not submerged in water. You will remove it 3-4 weeks after your surgery. We will discuss how you can easily remove the dressing at your 2 week post-op visit. To learn more about Zip Closure and its benefits visit: www.stryker.com/zipclosure



4 DRAINAGE/INCISION

You may have light, clear tinged fluid that drains from your incision site. This drainage is normal and should resolve in a couple of days. If the drainage does not subside, call the clinic.

5 SWELLING/ELEVATION/STOCKINGS

If your swelling is under control, you may remove your white stockings once you are at home. If swelling persists, wearing your compression stockings while elevating the leg will help.

You may experience warmth at the incision site, mild swelling and run a low grade fever post – op. If the symptoms do not improve with Tylenol, Motrin and elevation, or if your temperature exceeds 101.5°, contact the clinic.

You may have swelling from the groin area to your toes for several weeks post-op. If swelling is slow to progress and subsides with elevation, continue to follow swelling precautions. If the swelling is rapid onset or associated with shortness of breath, immediately call the clinic or 911.

6 MEDICATIONS/PAIN MANAGEMENT/SIDE EFFECT

You will be required to take a blood thinner after surgery. Typically, we prescribe a low dose of aspirin (81 mg) to be taken twice daily for a month, unless we advise differently.

All pain medications are prescribed as needed. It is important to stay ahead of your pain, while still taking the lowest effective dose to control the pain.

Nausea and constipation are common side effects of narcotics. For constipation, we recommend increasing your water intake (before and after your surgery). We also recommend taking a stool softener daily while taking pain medication. You may also use a laxative (Miralax), per the directions on the product label.

7 LENGTH OF HOSPITAL STAY

Most of my patients will spend one night in the hospital and go home the day after surgery. Have a loved one available to assist you for at least one week after surgery. Living alone does not qualify you for inpatient rehab.

8 DRIVING

You may drive as soon as you are off all narcotics and are able to safely transition from gas to brake. We recommend testing this in an uncrowded parking lot prior to driving on the roads.

If you have sudden, worsening symptoms, or a medical emergency, contact the clinic immediately or call 911.



FLEX
INSTITUTE