LAKES ORTHOPAEDIC SPECIALISTS, P.A.
JEFF LEY, M.D.
 # 651-389-0189
POST-OPERATIVE INSTRUCTIONS
TOTAL HIP REPLACEMENT

*WHILE IN THE HOSPITAL, YOU MAY EXPERIENCE DISCOMFORT IN THE SURGICAL AREA, AND YOU WILL RECEIVE PAIN MEDICATIONS. PLEASE KEEP YOUR NURSE INFORMED OF YOUR PAIN LEVEL, BY USING A "0-10" PAIN SCALE, SO THEY WILL BE ABLE TO CONTROL YOUR PAIN. IF YOUR PAIN IS NOT RELIEVED PLEASE CONTACT YOUR NURSE. WE WISH TO MAKE YOUR POST-OPERATIVE PERIOD AS COMFORTABLE AS WE CAN.

*YOU WILL BE IN THE HOSPITAL APPROXIMATELY (2 to 3) DAYS. AFTER THAT TIME YOU WILL BE DISCHARGED HOME WITH A HOME CARE NURSE OR TO A REHABILITATION CARE FACILITY (IF YOU NEED MORE ASSISTANCE WITH RECOVERY). OUR GOAL IS FOR MOST PATIENTS TO BE INDEPENDENT IN SELF-CARE BY THREE DAYS POST-OP. YOU WILL FEEL SLIGHTLY TIRED FOR ABOUT (6) SIX WEEKS FOLLOWING YOUR SURGERY. TAKE TIME TO REST.

COUMADIN: (BLOOD THINNER) TAKE (**1**) ***5MG TABLET THE NIGHT BEFORE*** YOUR SURGERY. **YOU WILL BE ON COUMADIN FOR 4 WEEKS FOLLOWING SURGERY** TO DECREASE THE RISKS OF BLOOD CLOT FORMATION IN YOUR LEGS. FAIRVIEW ANTICOGULATION CLINIC WILL BE MOINTORING YOUR FUTURE DOSING (982-7404)
PRESCRIPTION CALLED TO PHARMACY:_____

YOU SHOULD NOT TAKE ASPIRIN OR ANTI-INFLAMMATORIES-NSAIDS (MOTRIN, ADVIL, ALEVE ETC..) WHILE ON COUMADIN UNLESS SPECIFICALLY INSTRUCTED BY YOUR PROVIDER.

MEDICATIONS

NORCO: THIS IS A NARCOTIC PAIN RELIEVER. TAKE ONE TABLET EVERY FOUR HOURS AS NEEDED FOR PAIN. TIME YOUR THERAPY SO THAT YOU TAKE (1) TABLET ABOUT (1) HOUR BEFORE YOUR THERAPY AND ONE BEFORE BEDTIME. THIS MEDICATION CONTAINS TYLENOL; YOU SHOULD NOT TAKE ANY TYLENOL WHILE TAKING THIS DRUG.

VISTARIL: (HYDROXYZINE) TAKE AS DIRECTED FOR PAIN RELIEF
BE SURE TO TAKE THIS (1) ONE HOUR BEFORE EXERCISES AND YOUR BEDTIME

SENOKOT-S: (STOOL SOFTNER) TAKE (2) TABLETS (2) TIMES DAILY

FERROUS GLUCONATE (IRON) 300MG: TAKE ONE (1) TABLET THREE TIMES A DAY.
IRON SUPPLEMENTS HELP BUILD RED BLOOD CELLS.

WOUND CARE

YOU MAY SHOWER AFTER 48 HRS, PAT WOUND DRY AFTER SHOWERING. DO NOT TAKE TUB BATHS UNTIL THE STAPLES ARE REMOVED. YOU MAY KEEP THE DRESSING OFF YOUR INCISION IF THERE IS NO DRAINAGE. IF THERE IS DRAINAGE, COVER THE INCISION WITH A GAUZE DRESSING. PLACE AN ICE BAG OVER YOUR INCISION WITH A CLOTH BETWEEN YOUR INCISION AND THE ICE BAG; APPLY ICE TO WOUND 30 MINUTES ON / 30 MINUTES OFF WHILE AWAKE. YOU MAY CONTINUE TO APPLY ICE FOR WEEKS FOR DISCOMFORT OR SWELLING.

PHYSICAL THERAPY:

YOU WILL BE TAUGHT EXERCISES IN THE HOSPITIAL. DO THIS AS INSTRUCTED. WALKING IS ONE OF THE BEST EXERCISES TO DO. CANES, WALKERS, AND CRUTCHES ARE FOR YOUR SAFETY. TRY TO ELEVATE YOUR LEG AFTER YOU WALK OR AFTER YOU ARE UP.

REMEMBER DO NOT CROSS LEGS OVER MIDLINE. PLACE A BED PILLOW BETWEEN YOUR LEGS AT NIGHT FOR A LEAST (6) WEEKS. DO NOT FLEX OVER 90 DEGREES AT THE HIPS. YOU CAN SLEEP ON YOUR SIDE BUT USE BED PILLOWS UNDER YOUR KNEE TO KEEP FROM CROSSING THE OTHER KNEE

DENTAL OR INVASIVE PROCEDURES**: IF YOU ARE SCHEDULED FOR A PROCEDURE, YOU WILL NEED AN ***ANTIBIOTIC (1) HOUR BEFORE THE PROCEDURE. ALWAYS TELL THEM THAT YOU HAD A TOTAL JOINT REPLACEMENT

***TRAVEL**: IF YOU HAVE NOT RECEIVED A CARD STATING YOU HAVE A METAL IMPLANT, PLEASE ASK THE OFFICE STAFF FOR A WALLET CARD.

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POST-OPERATIVE APPOINTMENTS

1ST POST OP APPOINTMENT NEEDS TO BE APPROXIMATLEY (14) FOURTEEN DAYS AFTER YOUR SURGERY. STAPLES WILL BE REMOVED.

2ND POST OP APPOINTMENT (6) SIX WEEKS AFTER YOUR SURGERY DATE
(Please schedule this appointment after your 1st post op appointment)

YEARLY X-RAYS AND EXAMS WILL BE DONE TO CHECK YOUR CLINICAL PROGRESS.
(Please call at least 3 months before you're due for your 1 year check up to schedule an appointment)

CALL OUR OFFICE IF:

****YOU NOTICE ANY DRAINAGE THAT IS CLOUDY, THICK, AND YELLOW OR AN INCREASE IN THE AMOUNT OF DRAINAGE.***

****YOU HAVE INCREASED REDNESS, SWELLING OR PAIN AROUND THE INCISION.***

SOME REDNESS, PAIN AND SWELLING IS NORMAL

****YOUR TEMPERATURE IS OVER 101.5 DEGREES.***

IT IS NOT UNUSUAL TO HAVE A FEVER FOR THE FIRST 2 WEEKS

****YOU HAVE A SUDDEN OR SIGNIFICANT INCREASE IN SWELLING OR PAIN.***

CALL OUR OFFICE @ #651-389-0189