



Discharge Instructions

From Dr. Parks

All joint replacement patients:

___ Keep the wound clean and dry until the staples are out (about 2 weeks). If you want to shower, cover the area with plastic wrap and tape.

___ Change the dressing each day using sterile gauze and tape (you can get these at any Pharmacy). Once there is no drainage on the dressing, you can remove it and leave the wound open to the air.

___ You are on a blood thinner called Coumadin. You need to get your blood level checked once a week (usually on Mondays) for two or three weeks. If you have a visiting nurse, be sure they plan on doing this for you. They will call the results to Dr. Parks and he will make changes in your Coumadin dose as needed.

___ You are in the blood thinner study group. You will get special instructions regarding your blood thinner testing.

___ Wear the long white stocking on your non-operated leg for one week. Wear the one on your operated leg for three weeks.

___ Most of you will have Physical Therapy at home for the first 2 weeks, then go to a Physical Therapy center near your home 2 to 3 times a week for 4 to 6 weeks after that.

___ Call and set an appointment to see Dr. Parks week after next to have your staples removed.

___ Call with any questions or problems: (303) 321-1333

Total Knee

___ Use the CPM machine 8 hours out of every 24 hours for two weeks. You must work hard to get your motion back, both bending and straightening.

___ Lay flat on your back with a rolled blanket under your heel for 5 minutes at a time, 10 times a day to help straighten your knee. If you're having trouble getting the knee straight, you must sleep with the Velcro brace on.

Total Hip

___ Know and obey your dislocation precautions: 1) Don't cross your legs, 2) When sitting, don't let your knee get up to the level of your waist, 3) When standing, don't bend forward so far that your chest gets down to the level of your waist.