

Total Joint Replacement

General Guidelines:

- Discharge from hospital 2 days after surgery.
- Your first post-op doctor visit is four weeks after surgery, unless otherwise instructed.
- Dr. Parsa's assistant will typically set up your post-surgery appointment before you leave the hospital. If an appointment has not been made before leaving the hospital, please call (310) 372-4646 to make your appointment.
- Some swelling, redness and/or heat around the surgical wound is normal for up to six months after surgery.
- Some mild swelling of the foot and ankle is common and should respond to elevation.
- However, you need to notify our office if you develop any of the symptoms listed below:
 - A. Elevated temperature >100.5
 - B. Continuous drainage from the wound.
 - C. Severe pain.
 - D. Calf pain, tightness, redness or swelling.
 - E. Loss of motion.
 - F. Unusual warmth or redness of the incision.
- After having a total joint replacement, you need to let your dentist and other physicians know about your surgery prior to having any procedures done. You will need to take antibiotics prior to any dental or medical procedure.

Deep Vein Thrombosis Prophylaxis (DVT)

- Blood thinners are used for 2 - 6 weeks after surgery. It is very important that these medicines are taken as prescribed to prevent DVT and pulmonary embolism.
- TED hose (anti-embolism stockings) should be worn for two weeks during the day time (optional at night). After 2 weeks, you can discontinue the use of the stockings

Pain Management

- Pain pills as instructed by Dr. Parsa
- Increasing pain is a problem and should be reported to Dr. Parsa.

Incision Care/Sutures/Staples

- Skin glue & absorbable sutures that don't need to be removed are usually used on incisions.
- The first dressing is typically left in place for 7 days unless otherwise instructed. Dry gauze dressing should then be placed daily until the wound is completely dry.

- Please do not use any ointments or antiseptics on the incision if skin glue is used – they can dissolve the glue.
- The glue will peel off by itself in 3-4 weeks.

Equipment

- Usually the hospital discharge planner orders equipment prior to discharge home.
- Items usually ordered: (1) raised toilet seat or bedside commode; (2) front wheeled walker.

Shower/Bathing

- Cover the wound when showering for the first 7 days then it can get wet.
- No tub bathe, pool or hot tubs for at least one month.

Driving

- Avoid unnecessary car rides for the first month.
- No driving for at least one month.

Total Knee Replacement Procedures

Exercises and Range of Motion

- It is important for you to continue your exercise program at home.
- Goal is for 110 - 120 degrees of flexion and full extension.
- No pillow under knee. Work on knee extension by placing foot on chair or stool and doing hamstring stretching (straighten knee).
- Ice knee 3-4 times/day for 20-30 minutes.

Ambulation and Weight Bearing

- Usually you can place full weight on the knee unless otherwise specified by the doctor.
- A walker should be used for 4-6 weeks. When you are progressing well, you may advance to a cane.