



S.T.A.R. Orthopedics
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1 Month Post Joint Replacement Instructions

- 1) If you were prescribed Ecotrin (aspirin) 325mg twice daily after surgery, continue taking this for 2 more weeks. If you were prescribed Eliquis or Lovenox, you may have completed the prescription. If you were taking blood thinners such as coumadin, baby aspirin or plavix before surgery, you may continue them as instructed by your medical doctor or cardiologist.
- 2) If you were prescribed Celebrex or Mobic after the surgery, you can stop taking it.
- 3) As long as there are no scabs on your incision, you can get in a pool, hot tub or bathtub. If there is some scabbing, let it fall off on its own before getting in a tub, etc.
- 4) If you are not already walking with a cane, you may advance to a cane now. Let us know if you need a cane. This does not apply to all revision hip and knee replacements.
- 5) Once you are walking comfortably with a cane, you can drive. You can stop using the cane as you feel comfortable.
- 6) For hip patients, if you had any hip precautions, you can now ignore them. This does not apply to all revision hip surgery. Please ask your doctor.
- 7) For knee patients, keep working on getting the knee fully straight (extension) and fully bent (flexion).
- 8) You have probably completed home physical therapy. We recommend that you start outpatient physical therapy for 4-6 more weeks, and continue exercises at home once daily.
- 9) Walk, walk, walk!
- 10) You may still have a limp. Keep working on quadriceps strengthening.
- 11) You may have ankle/leg swelling. It is not unusual after major surgery. If concerned, a ultrasound can rule out a deep venous thrombosis (DVT).
- 12) Wait 2 more weeks before having dental work (with preventative antibiotics).
- 13) Let us know if you need more pain medications.
- 14) You may gradually resume sport activities, including sexual activity. **BE SENSIBLE!** After all, you just had major surgery.

Antibiotic Prophylaxis For Joint Replacement Patients

Schedule A

Dental Cleanings, Tooth Extractions, Bronchoscopy

Upper G.I. endoscopy, Excision of skin lesion

- Amoxicillin 2 grams (500 mg x 4 tabs), 1 hour before procedure, or
- Keflex 1 gram (500 mg x 2 tabs), 1 hour before procedure, or
- Ancef 1 gram, intravenously, during induction of Anastasia

If allergic to penicillin:

- Erythromycin 1 gram, orally, 1 hour before procedure, or
- Clindamycin 600 mg, orally, 1 hour before procedure, or
- Clindamycin 600 mg, intravenously, during induction of anesthesia

Scheduled B

Colon/intestinal surgery, Sigmoidoscopy, Colonoscopy

- Cefoxitin 1 gram, intravenously, during induction of anesthesia, or
- Gentamicin or Tobramycin 80 mg + Vancomycin 500 mg, intravenously, during induction of anesthesia, or
- Amoxicillin 2 grams orally, one hour before procedure (if no anesthesia is used)

Schedule C

Endoscopic retrograde Cholecystopancreatography (ERCP), Cholangiography, Cystoscopy, Transurethral resection of prostate (TURP), Dilatation & curettage (D&C), Hysteroscopy, Transvaginal hysterectomy

- Ancef 1 gram, intravenously, during induction of anesthesia, or
- Gentamicin or Tobramycin 80 mg + Vancomycin 500 mg, intravenously (no Vancomycin needed for TURP or Cystoscopy) during induction of anesthesia

Scheduled D

Urinary tract infections (UTI's), Bladder infections

Appropriate antibiotics based upon culture and sensitivities