



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

- 1) All medications started by your orthopedic surgeon for the purpose of hip or knee surgery should have now been discontinued. You may resume baby aspirin, if you were on it before surgery.
- 2) Your incision should be completely healed and are free to be in a hot tub or pool.
- 3) You should no longer be using a cane.
- 4) For hip patients, if you previously had hip precautions, these can now be discontinued.
- 5) For knee patients, keep working on getting the knee fully straight (extension) and fully bent (flexion).
- 6) You have probably completed outpatient physical therapy. Some patients may still need more therapy.
- 7) Walk, walk, walk!
- 8) You may still have a limp. Keep working on muscle strengthening.
- 9) If you have any residual limping, it will resolve by 6 months
- 10) It is now safe to have dental work (with preventative antibiotics).
- 11) You may gradually resume all and any previous sporting activities.
- 12) Your next appointment shall be at the 1 year anniversary of your surgery (with new xrays) or sooner if you continue to have problems.

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