

Total Joint Protocols: Post Surgery

Recovery after joint replacement surgery



Tri-County Orthopedic & Sports Medicine

a department of Hugh Chatham Memorial Hospital

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Call for office hours or to schedule an appointment.

www.TCOSM.com



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After your total joint replacement surgery, the recovery period is critical for you to experience a positive outcome and to begin enjoying a better quality of life.

To achieve the results you want, we encourage you to closely follow the protocols listed here. Please share this information with a family member or loved one who may be caring for you after your procedure.

INCISION

Clean with alcohol and betadine as needed. You will go home with a waterproof silver dressing. If you have an inside pet, keep the wound clean, dry and covered until the staples are removed by your orthopedic team.

STAPLE REMOVAL

14 days after surgery.

SHOWER OR BATHING

You may shower 5 days after your surgery or when you get home if you have a waterproof dressing in place. Dry the area carefully with a clean cloth. Do not get into a bath, pool or hot tub until the staples are removed and the incision is completely healed.

TED HOSE

Wear thigh-high TED hose on both legs until six weeks after surgery. If you cannot tolerate the hose or if you have a skin reaction to the hose, please contact the office.

ICE

All total joint patients should use ice as much as possible for at least 6 weeks after surgery to reduce the swelling. When there is less swelling, you should experience less pain. Ice should be applied for 20 minutes, then off for 20 minutes.

WALKER OR CANE

Use whatever works best for you. A plan will be in place prior to hospital discharge.

DRIVING

Typically, you can drive six weeks after your surgery as long as you are no longer taking narcotic pain medication. Be sure you are strong enough to stop the vehicle in an emergency situation. You will receive clearance from Physical Therapy or Physician.

PAIN MEDICATION

You will be discharged from the hospital with a prescription for pain medication. Be sure to take it only as directed.

STOOL SOFTENER

If you take narcotic pain medication, it is recommended that you also take an over-the-counter stool softener daily. Colace® or MiraLAX® are two examples. Consult with your pharmacist for more information.

PROPHYLACTIC ANTIBIOTIC

After a Total Joint procedure, you will need an antibiotic every time you have certain procedures, such as teeth cleanings, extractions, root canals, fillings, capping and bridge work, cystoscopy, proctoscopy, transurethral resection of prostate (TURP), colonoscopy, sigmoidoscopy, or endoscopy. **If you need an antibiotic, call our office and leave a message (336-835-0318). It will be called in to the pharmacy.**

To ensure the best recovery possible, follow these instructions closely.

Follow up with your surgeon within five to six weeks after your surgery. At that visit, we will obtain X-rays of the total joint.

You will then need to follow up after three months, six months and 12 months after your surgery.