



Post Operative Guidelines

For Same Day Discharge

On the same day of surgery, after your surgical procedure, our experienced physical therapy team will begin working with you. Initially, you will start using a walker, and in most instances, you will be able to place full weight on your leg. As soon as our team deems it safe, you will begin using crutches or a cane and sent home with a knee immobilizer, an ace wrap from toe to thigh and a webril -- white cotton wrap-- beneath the ACE.

Tomorrow -- the next day after surgery remove the ACE and the webril -- soft cotton like material -- leave the plastic dressing / bandage on the wound alone. The bandage will be removed 5 to 7 days after the surgery and small adhesive strips will be applied to the wound. This will take place either at our office or at home by the Home Health Team. The adhesive strips that are applied will fall off on their own. Please DO NOT remove them. Please always keep your wound clean and dry and do not allow anyone to put any ointment or any other substance on the wound. Please do not allow any massaging of the operated leg and avoid the usage of weights during physical therapy. Warmth around the operated joint is normal, as well as some itching. You will be able to shower as soon as you get home. Both the special bandage and the adhesive strips can get wet. The adhesive strips can be cleaned with soap and water. After a shower, you can dry the area by gently patting. Please do not rub hard.

In most cases in order to prevent blood clots you will be taking baby Aspirin 81 mg twice a day for either four or six weeks.

In addition, the following medications will be prescribed. These medications will help with the pain and inflammation. They should be taken around the clock whether you have pain or not:

- Celecoxib 200 mg- take 1 tab twice a day.
- Tylenol 500 mg take 2 tabs every 8 hours.
- Tramadol 50 mg take- 1 tab every 8 hours.
- Colace 100 mg take 1 tab every 12 hours.
- Ativan (Lorazepam) 1 mg take 1 tab every 12 hours if needed for anxiety only.

In addition to the above medications, you will be given Oxycodone IR 5 mg. This is to be taken only if you have extreme pain. Some patients will be taking antibiotics for 7 days after the surgery and some others such as revisions for up to 3 months. If you have any allergies to the above medications, please let the office know.

You will be given Colace (Docusate) to help with bowel movements. If you have not had a bowel movement in the days following surgery, please take Milk of Magnesium or Cascara Sagrada. If this still does not work you will need a suppository and/or enema, please call our office or the after hour number for further instructions.

Your first post-operative appointment will be 1 week after your surgery, then 4-6 weeks after the surgery, at the 3 months, 6 months and after that every year. The office staff will contact you to schedule the first appointment.

In most instances, you can start driving 3 to 4 weeks from the day of surgery as long as you are not taking Tramadol or Oxycodone IR. If you have any seepage from the wound, excessive pain, redness or warmth, fever or chills after your surgery, please call our office immediately at (305) 484-9727. After hours, the office phone is forwarded to the on-call provider, **the number you should call after hours if you are having an emergency is (786)708-0738.**

For the first six weeks after surgery, do not allow anyone to prescribe any type of antibiotic without our knowledge and prior authorization. Please contact our office if you need to modify any aspect of your post-operative plan of care.

If this is your first hip replacement surgery, our therapists and nurses will teach you what precautions you should take. You do not need a pillow between your legs, and you can sleep on your side. Hip replacement patients will continue with the hip replacement precautions for a total time of 6 weeks.

If you are having a total hip revision, please follow the instructions of the physical therapist in order to obtain optimal results.

You need to take antibiotics prior to any dental procedure, this treatment can be called in by the dentist or you can contact our office. If you are having any surgery, please let the doctor know you have a joint replacement. If you have a urinary tract infection or symptoms of any infection, please call your primary care doctor and notify our office as soon as possible.

If you are going to travel for more than two and a half hours during the first year after surgery is recommended that you use an anticoagulant, please contact the office for further instructions.

If you have any urgent issues after hours, please feel free to call (786)708-0738, 24-hour service is available. If your call is not answered, please leave a detailed message and your call will be returned.