



## COASTAL ORTHOPEDICS

Dr. Greenspoon

Post-Operative Hip and Knee Replacement FAQ:

**Q. Will my leg swell after surgery?**

A. It is very common to experience swelling after surgery, usually occurring 3-4 days after surgery. The more activities and physical therapy you perform, the more swelling you may experience.-

Remember the RICE protocol and continue to rest, ice, and elevate, especially after physical therapy.

**Q. Will I have bruising after surgery?**

A. Yes, you will have significant bruising after surgery, but everyone is different. Some will only experience redness around the incision; others may have bruising down the entire leg, and both are very normal.

**Q. What should I expect my activity level to be?**

A. Every patient is different. Every day, you should increase your activity level, but let your pain and swelling be your guide.

**Q. When will I receive my medications? What are common side effects?**

A. Dr. Greenspoon will send your prescriptions to your preferred pharmacy one week before surgery. Pain medications can cause nausea and constipation. Suppose you continue to experience constipation while on the Sennokot only, you may try the following over-the-counter options: Dulcolax tablets, milk of magnesia, suppositories, or fleet enemas. Please refer to medication inserts for a complete list of side effects.

**Q. How much weight can I put through my leg after surgery?**

A. You can put as much weight as tolerated on our surgical leg immediately following unless told otherwise. The term is "weight bearing as tolerated." Your physical therapist will educate you on using your assistive device to perform this correctly.

**Q. I just had hip replacement surgery. How long will I have restrictions?**

A. You need to avoid three positions for six weeks to decrease the risk of dislocating your hip. The positions include no crossing your legs at the knee, ankles or ankle over the knee, no twisting/rotating at your hip, and no bending at your waist past 90 degrees.

**Q. How will my incision be closed?**

A. Dr. Greenspoon closes most incisions with dissolvable sutures and skin glue. Revision surgeries will have staples or external sutures that will be removed at your first postoperative visit.



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### **Q. What dressing will I have on my incision after surgery?**

A. A waterproof dressing is placed on your incision during surgery. This is to stay on for seven days. Once the dressing is removed, you may leave the incision uncovered. Keep the incision clean and dry. You may shower; however, avoid submerging your incision in pools/hot tubs/baths. No creams or lotions should be applied to the incision

### **Q. When can I shower or bathe after surgery?**

A. You can shower the day after surgery. To ensure that your incision heals properly, we do not want you to submerge your incision in water for six weeks.

### **Q. What are some things to watch out for, and when should I contact the office?**

A. - Redness and swelling after surgery are expected. Please get in touch with me if you have any concerns

- Fever greater than 101.5 degrees
- Significant drainage or drainage that is thick, yellow/green, or has a foul odor
- Redness spreading away from the incision
- Difficulty bearing weight on the leg or decreases in range of motion
- Unable to empty bladder
- Please reach out to your primary care doctor for concerns related to heart rate and/or blood pressure or present to an urgent care/emergency department
- You should immediately call 911 or go to the emergency room if you experience chest pain, shortness of breath, or difficulty breathing

### **Q. When can I return to work?**

A. You may return to work as soon as you feel comfortable. Generally, return to light duty/desk work at 2-4 weeks after surgery and for heavy-duty/labor-intensive jobs at eight weeks

### **Q. When can I drive?**

A. You may return to driving after your first postoperative appointment. You must be off narcotic pain medications and feel safe. Research shows that your brake reflex returns to normal at two weeks postoperatively.

### **Q. When can I fly?**

A. Preferably after your first postoperative appointment. Accommodations can be made on a case-by-case basis. No implant cards are issued to patients with joint replacements.

### **Q. When can I return to activities?**

A. Typically, by six weeks, you are 75% recovered. You may ease into recreational activities at the six-week mark.



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**Q. When can I restart the meds I was told to stop before surgery?**

A. Unless indicated, you can resume your medications the night after surgery.

**Q. I just had a knee replacement. Is it normal to hear clicking in my knee after surgery?**

A. You may hear clicking in the knee after surgery, which is normal. It is usually more noticeable after surgery when you have swelling. As the swelling decreases, the clicking may become less noticeable.

**Q. I just had a knee replacement. Will I be able to kneel after surgery?**

A. We recommend waiting six months before kneeling. Although it will not damage the prosthesis to kneel, many patients find it mildly uncomfortable. We always recommend placing a cushion under your knee to help alleviate the discomfort

**Q. When should I take antibiotics? Who will give me the antibiotics? How long should I take the antibiotics? You will take antibiotics before the following procedures for life:**

- ANY dental procedure, including teeth cleanings
- Sigmoidoscopy/colonoscopy
- Any infection
- Tonsillectomy
- Bronchoscopy
- Liver biopsy
- Genitourinary instrumentation
- Prostate and bladder surgery
- Kidney surgery
- Vaginal exams and GYN surgery
- Barium enema

Avoid any invasive procedures three weeks before surgery and three months after surgery.

We will be happy to prescribe the antibiotics for you. We generally recommend 2000mg of Amoxicillin 1 hour before procedure or Clindamycin 600 mg (if allergic to penicillin.)