

# Understanding Joint Replacement - What to Expect After Surgery



Ascension

# After Surgery

# After surgery

- What to expect
  - You'll be taken to a recovery room
  - Your pain will be monitored
  - The doctor will update your support person regarding the result of your surgery

# Recovery begins day of surgery

- What to expect
  - Get up with assistance
  - Go to the bathroom with assistance
  - Your doctor will visit
  - Begin exercises to prevent blood clots
    - Use walker
  - Use a spirometer to strengthen your lungs
  - Assessment will be provided by your physical therapist and occupational therapist, if needed
  - Light meals are allowed
  - Your nurse will monitor your recovery
  - Possible discharge day of surgery

# Recovery begins day of surgery cont.

- If you remain in the hospital overnight:
  - Continue physical therapy
  - Occupational therapy may be ordered (for hip replacement only)
  - Your support person should be present the day of and day after surgery

# Discharge from hospital

- Before leaving the hospital, please do the following:
  - Secure transportation
  - Review discharge instructions
  - Discuss post discharge therapy plan (outpatient therapy versus home therapy)
  - Obtain equipment, if needed
  - Discuss home health services, if needed
- In the rare occasion joint replacement patients need placement in a sub-acute facility, the hospital would help facilitate that process
  - Check to see if your insurance covers sub-acute facility placement prior to surgery

# Post-operative care

- Continue your doctor's pain regimen as directed
  - Take prescribed medication by your doctor
  - Change positions
  - Use gel ice packs
- Take blood thinners, as directed
- Use stockings to reduce swelling
- Drink plenty of fluids
- Eat well balanced meals
  - Protein
  - Carbs
  - Fruits
  - Vegetables