



**ROHAN GOPINATH, MD**

HIP AND KNEE RECONSTRUCTION SPECIALIST

## **Joint Replacement Surgery**

### **Patient Discharge Instructions**

#### **Follow Up Appointments**

- At your pre-operative visit, schedule your **2 week, 6 week, and 12 week follow up visits** after surgery with Dr. Gopinath's team.

#### **Activities**

- A physical therapist will come to your home **2-3 times for the first two weeks** after surgery. After two weeks, you will be transitioned to outpatient physical therapy. The number of PT visits will depend on **your needs** and your **insurance coverage**.
- At your first post-operative appointment you will be given a prescription for outpatient physical therapy along with Dr. Gopinath's protocol.

#### **Wound Care/ Bathing**

- You may shower starting **1 day** after surgery. If an Aquacel™ dressing has been used, you do not need to cover this before showering.
  - Change the dressing if it becomes soiled or saturated.
- Aquacel™ should remain in place for **10 days** and may then be removed as instructed per your nurse.
  - If you have been approved for MedFlow™ dressing, the nurse will perform the first dressing change.
- As part of your home health services, a nurse will examine the incision during visits and call your surgeon if there are any signs of concern.
- Remember, good hand washing with soap at all times helps prevent infections.
- Keep the incision clean and dry. Do not apply soap, lotion, cream, ointments or powders to your incision.

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- Do not soak your incision in water. No tub baths, pools or hot tubs for **at least 6 weeks** after surgery and not until the wound is completely healed.

### Swelling

- You may apply a cloth covered ice pack **2-3 times a day** or as needed to your incision to help control pain and swelling. Do not apply directly to your skin and for no longer than 30-40 minutes at a time.
  - If you have been approved for Zynex CryoHeat™ device, it will be delivered to your home after surgery.
- Continue the compressive **thigh-high stockings** until your 2-week post-operative appointment.
- For the first 7 days after you leave the hospital, it is critical that you elevate your leg **above the level of your heart** 4 times per day for one-hour. After that time, elevate your leg as needed if swelling is noted

### Constipation

- Drink plenty of fluids. You should drink at least of 8oz of water 8 times a day (Total of 64oz.)
- Eat a high-fiber diet, prunes or other foods that typically make you go to the bathroom.
- Take colace as prescribed, while taking narcotic pain medication. A prescription will be sent to your pharmacy.
- If you have **NOT** had a normal bowel movement:
  - Add daily Miralax™ or Metamucil™ as directed on bottle
  - If still no results, add a dose of Milk of Magnesia™ as directed on bottle

### What to Expect:

A certain amount of pain, swelling and bruising is expected for several weeks after surgery. The goal is to keep your pain at a 4 or below on a scale of 1-10 (1 being the least and 10 being the worst amount of pain).

### MEDICATIONS

#### Pain Medicine:

You will be prescribed a short course of narcotic pain medication to control your pain after surgery.

- **Oxycodone:** This is your “rescue” drug. Take this as needed for pain that is not controlled (rated more than 4 out of 10) by an anti-inflammatory (Celebrex or Meloxicam) or tylenol.



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**Blood Thinners:**

- Eliquis (blood thinner) – some patients are prescribed Eliquis (generic: Apixaban) to prevent blood clots after surgery.
  - o **Take Eliquis 2.5mg for 4 weeks**
- Aspirin 81mg (blood thinner) – some patients are prescribed Aspirin to prevent blood clots after surgery.
  - o **Take Aspirin 81mg twice a day for a total of 4 weeks.**

**Other Medications:**

- **Celebrex:** You may be given a prescription for Celebrex to help prevent swelling and inflammation. You should take this for one month. You should **NOT** take this medication if you are allergic to **Sulfa medications** or have a history of **Coronary Artery Disease (CAD)** or **Chronic Kidney Disease (CKD)**.
- **Meloxicam:** You may be given a prescription for Meloxicam if you have a contraindication to taking Celebrex. You should take this for one month.
- **Tylenol:** You may be given a prescription for Tylenol. This is a pain medication that works together with anti inflammatory medication to better control your pain. Please take this for 2 weeks, following surgery.
- **Gabapentin:** You may be given a prescription for Gabapentin. This is a nerve medication that works together with other medications to control your pain. Please use for the first 2 weeks following surgery.
- **Zofran:** You will be given a prescription for a nausea medication given this can occur after surgery. You should take this medication as needed for nausea/vomiting.
- **Pantoprazole:** You will be given a prescription for an stomach acid reducing medication. You should take this medication as needed for acid reflux.

**\*\*If you have any further questions or need clarification on your post-operative discharge instructions, please call Dr. Rohan Gopinath's clinical assistant Jordon M. at 847-285-4331.**