



DISCHARGE INFORMATION



Total Joint Center

The Miriam Hospital

Lifespan. Delivering health with care.®

OBJECTIVES OF DISCHARGE INFORMATION

Discuss Normal Post-op Course

Discuss Ways to Prevent Complications

Review Medications

Confirm Discharge Appointments



Normal Course



Therapy

Home Exercise Routine

Post-op scheduled PT

Weight Bearing as Tolerated (unless specified otherwise)

Walking Device



Normal functioning will take time.



Everything will be slower and slightly more difficult for the next couple of weeks.



The Surgeon's work is done, now it's your turn!



NORMAL COURSE AFTER PHYSICAL THERAPY

Physical Therapy is very important to make sure you achieve your long-term goals!

Please take your pain medication if needed, before PT. You will be working hard on mobility and exercises.

You may experience increased swelling and pain after PT

Continue to take your pain medication as directed, consider using ice, and elevate your leg.

You are expected to complete home exercises independently.

Normal Course

Swelling

May increase over next week.

TED stockings during the day.

- You may need assistance getting them on and off.

Ice: On and Off

Elevate on several pillows throughout the day.





Normal Swelling for Hip or Knee:

Expected.

Swollen thigh, knee, calf and ankle.

Ankle pumps can help!

Not Normal: Swelling



Normal Course: Pain

Why? While surgery will relieve the arthritic pain you were experiencing before surgery, there will be surgery related pain that is normal and should be expected.

Pain is a normal response to surgery caused by the body's inflammatory response.

- Redness and Warmth = Extra Blood Flow
- Swelling = Increased Fluid and Blood Flow
- Pain = Fluid Puts Pressure on Nerve Cells



Normal Course: Pain Medications



- Continue Tylenol around the clock (3 x per day)
 - Studies show this is effective! Supplement with oxycodone or similar
- Additional pain medication as needed
 - Oxycodone or similar medication
 - Pain med. prescription now – 20 tablets. May need more.
 - Pain med. Prescription for later – to be filled IF NEEDED
- Narcan
 - Side effects of narcotics – drowsiness and slow breathing
 - Loved one to use if they cannot wake you.

Normal Course: Pain

Common Side Effects of Pain Medications

- **Drowsiness** – Don't drive or operate machinery or drink alcohol!
- **Nausea, Vomiting** – Take pain medication after eating.
- **Constipation** – Eat high fiber foods, stay well hydrated, use medication if needed
- **Hypotension** (low blood pressure) – Stand up slowly, dangling feet before standing.
- **Urinary Retention** – Drink 2-3 liters of water per day.
- **Cough Suppression** – set times for coughing/ deep breathing.

Normal Course: Pain



Sleep/ Rest



Ice packs



Elevation



Change positions frequently.
Avoid being in one position
for too long.

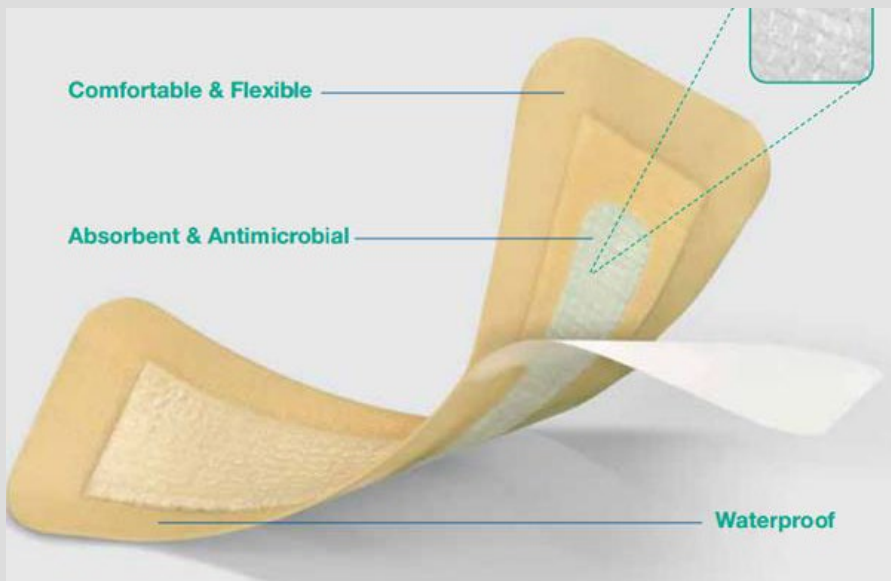


Deep Breathing



Distraction

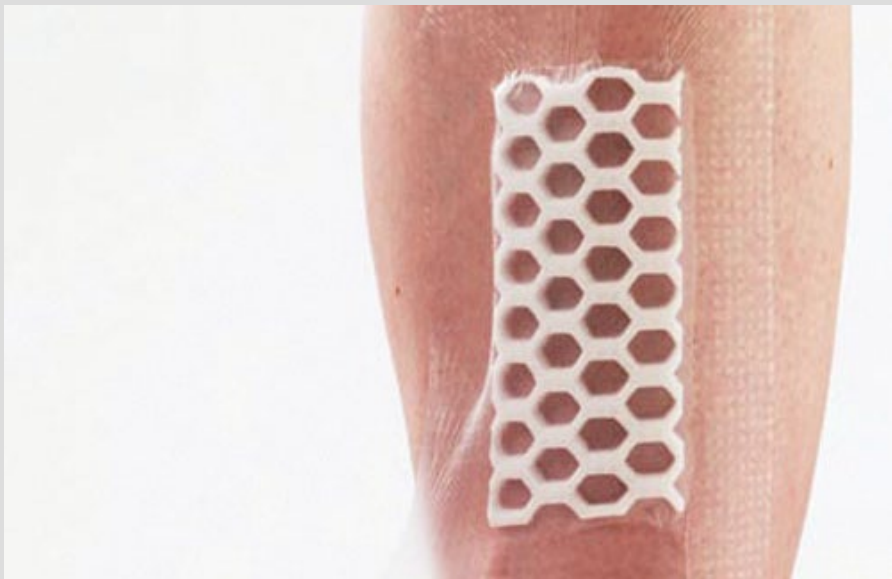




NORMAL COURSE: SURGICAL DRESSING

Leave it alone!

If there is continuous drainage that saturates the dressing, contact your home care nurse, or surgeon's office immediately.



Normal Course: Surgical Dressing



*All pictures show normal drainage

Not Normal: Surgical Dressing



Normal Course: Showering

- Your bandage is waterproof
- You do not need to cover the bandage to shower
- Please wait until you have a Home PT evaluation to practice getting in/out of the shower.
- Remember to keep your incision clean, including keeping your home environment clean



Normal Course: Driving

A photograph of a person driving a car, viewed from the passenger side. The image is overlaid with a semi-transparent blue filter. The driver's hands are on the steering wheel, and the car's dashboard and speedometer are visible. The background shows a road and some greenery.

Restrictions lifted by surgeon after your first follow up appointment.

Do NOT drive while on Narcotic medications



Follow Up Appointments:

Already scheduled or call your surgeon the day after you leave the hospital.
Be sure your Primary Care Physician knows about your joint replacement

Prevent the Bad Things

Signs and Symptoms of Surgical Site Infection:

- Redness specifically around the joint
- Pain that is worse, despite pain medication.
- Inability to bear weight, despite ability to do so prior.
- Foul smelling wound ooze
- Temperature over 101.4 for over 24hours, even with Tylenol.
- If these occur, call your surgeons office directly.



Prevent the Bad Things

Blood Clots

- Continue your aspirin (or other blood thinner) until your surgeon tells you to stop
- Walk and change positions frequently throughout the day.
- Do ankle pumps while sitting in a chair or laying down

Signs of a blood clot:

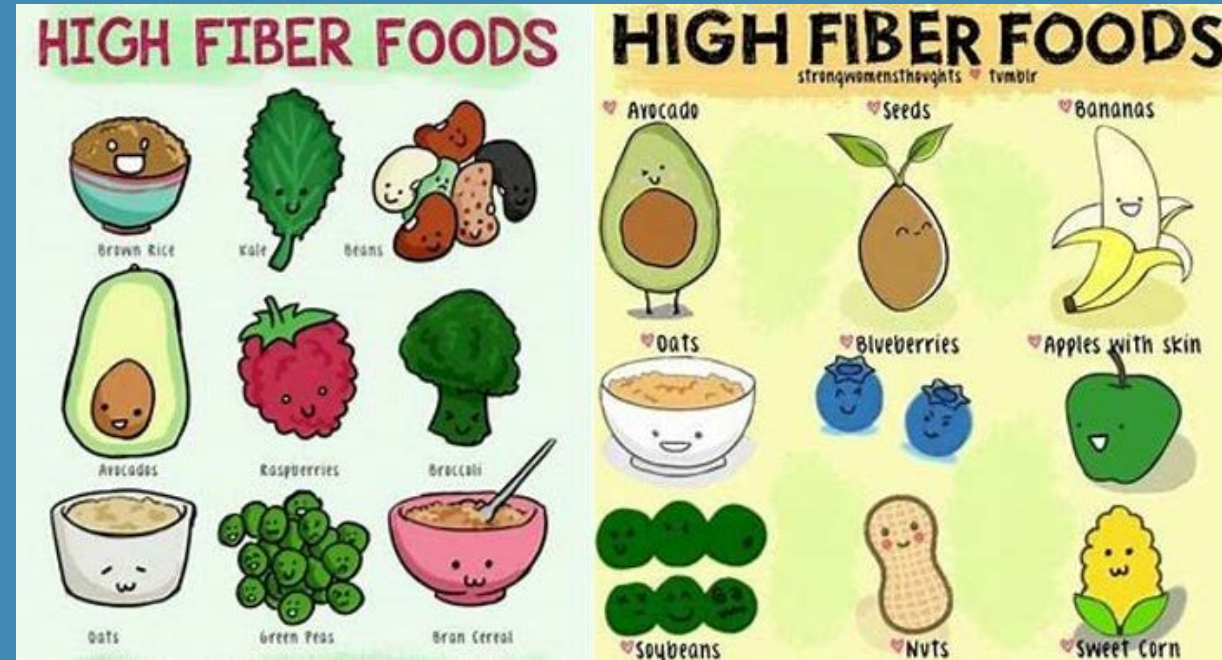
- Redness, pain that will not go away and swelling. If these occur, call your surgeons office directly.



Prevent the Bad Things

Constipation

- Altered appetite is normal
- Eat high fiber foods
- Drink plenty of water and fluids
- Take the stool softeners as prescribed



Signs of constipation:

- Not passing gas or having a bowel movement for days
- Being nauseated and vomiting after meals
- Hard stools that are difficult to pass
- Abdominal pain and hard abdomen

Call your surgeon, *if*:

- Bleeding or Oozing from the incision
- Redness, localized swelling, or smelly drainage from the incision
- Fever over 101.4 for over 24 hours, despite Tylenol
- Unrelenting pain that does not change even with pain medication
- No bowel movement for 3 days with associated Nausea and/or vomiting
- Sudden onset of chest pain, shortness of breath, one sided weakness. (911)



WHO DO I CALL WITH QUESTIONS?

- Total Joint Hotline: 401-793-5852
 - For non-urgent questions from 8am-4pm, weekdays
- Surgeon's Office (with on-call coverage)
 - For urgent/evening issues/concerns
- Home Care Agency
 - Usually have on-call RN coverage



THANK YOU



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