



Early Post-Operative Experience

1. 0 to 7 Days Post-op

2. 1 to 4 Weeks Post-op

3. One Month Office Visit

4. 1 Month to 3 Months Post-op



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UPMC MAGEE-WOMENS HOSPITAL

A Hip and Knee Joint Center of Excellence



Discharge to 7 Days Post-op

What to expect

It is normal to experience swelling and bruising after total joint replacement.

- You may experience swelling and bruising around the knee or hip and down into the lower leg after your total joint replacement.
- Bruising may last for up to 6 – 8 weeks and this is part of the normal healing process.
- Being on the blood thinner after surgery can contribute to this bruising too.
However, this medication is especially important so please continue to use as you directed.
- Swelling of the leg and down into the foot can sometimes last for 2 or 3 months.

You can do the following to minimize the swelling and bruising:

- Elevate the leg when you are not doing your exercises or when you are resting.
- For the first two to three weeks after your surgery, ice your knee or hip for 20 minutes every hour and after exercising. This will help to minimize both the swelling and the bruising. After a total knee replacement, using your CPM (Continuous Passive Motion) will improve your range of motion, make your knee feel better, and reduce swelling.

Coaches' Role

You may need assistance from your coach with the following:

- Personal care: bathing, dressing
- Physical therapy exercises and walking
- Help manage medications and schedule
- Pain management: pain medication, ice, CPM
- Wound checks and dressing changes
- Meals and grocery shopping
- Providing transportation to outpatient therapy if needed
- Care of other family members and pets if needed
- House cleaning
- Being available in the event of an emergency

2023

300 HALKET STREET, SUITE 1601
PITTSBURGH, PA 15213

Drs. Tony DiGioia/Noelle DiGioia Guthrie
Phone - 412-683-7272

Drs. Brian Hamlin/Anton Plakseychuk/Ken Urish
Phone - 412-641-8609



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Home PT and Schedule

Following your inpatient stay, you will receive home health PT for 5 – 7 days , and thereafter you will complete a course of outpatient PT. Some patients however will be able to exercise on their own or go directly to outpatient PT. Outpatient PT can last anywhere from several weeks to several months based on your progress. We will provide you with an exercise program in the hospital that you can share with your next PT, so that they can see what you have already been accomplishing and help progress you in your recovery.

Post Discharge Call

A physician assistant (PA) or a nurse practitioner (NP) will call you within 1 week of being discharged.

Reminder

You do not have limits on your activities or on how fast you resume your activities. The speed of your recovery depends very much on you and your confidence level.



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1 to 4 Weeks Post-op

Pain Management

Post-operative Pain Management:

- Tylenol (Acetaminophen)
- NSAIDS (aspirin, ibuprofen, and naproxen)
- Celebrex (COX-2 inhibitors)

Continuous Passive Motion (CPM) Machine and Ice Therapy After Knee Replacement

In the hospital, you will be provided an ice pack and a Continuous Passive Motion (CPM) Machine for TKR patients to help with pain relief. We encourage you to continue these when you get home. The CPM for TKR patient should be used prior to working with your home health or outpatient PT to loosen you up, as well as much as you can tolerate throughout the day. We encourage you to ice as often as able postoperatively, but specifically after any home health or outpatient PT session, or after you have done any activity like walking for exercise or completing your exercises at home.

No Restrictions

You do not have limits on your activities or on how fast you resume your activities. The speed of your recovery depends very much on you and your confidence level.

Advance As Quickly As Comfortable

You are permitted to put as much weight as possible on your operative leg and proceed as quickly as you feel comfortable.

Bruising and Swelling

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Constipation

Drinking fluids, moving, and taking a stool softener will help with constipation.

When you need to contact the office

After Hip replacement:

- Persistent groin or thigh pain
- Feelings of looseness

After Knee replacement:

- Persistent knee pain or swelling
- Grating sensation
- Increase in clicking (occasional clicking without pain is normal!!)

Never hesitate to call with any questions or concerns



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Post-surgery Dental Work and Antibiotics

Please follow the antibiotic schedule listed below for dental work:

For cleanings that are scheduled within 3 months after the surgery date:

- Patients need to pre-medicate with **Amoxicillin 500 mg, (4 tabs) 1 hour before cleaning procedure.**
- If allergic to Penicillin's, alternative is either Keflex 500 mg (4 tabs) or Azithromycin 250mg (both 2 tabs) 1 hour before cleaning.
- After 3 months, no treatment is needed before cleaning.

For any invasive work (cavities, extraction, root canals etc.) that are scheduled within 2 years since the surgery date:

- Patients need to pre-medicate with **Amoxicillin 500 mg, (4 tabs) 1 hour before cleaning procedure.**
- If allergic to Penicillin's, alternative is either Keflex 500 mg (4 tabs) or Azithromycin 250mg (both 2 tabs) 1 hour before cleaning.
- After 2 years, no treatment is needed before invasive work.

If someone has a history of joint infection, we have them pre-medicate prior to any cleaning or dental work for the rest of their life.

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Suite 1601B
Pittsburgh, PA 15213**

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One Month Office Visit

When you come in for your one month office visit, you will have x-rays of your joint replacement(s). You will then be evaluated by your surgeon, physician assistant or nurse practitioner. Your surgeon will review all your x-rays as well. If special instructions are necessary, the instructions will be provided at this appointment.

Recommended Routine Office Visits:

Year 1

After 1 year

Every 3 years

- Year 4
- Year 7
- Year 10
- Year 13
- Year 16
- Year 19, etc.

When you need to follow-up sooner:

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1 Month – 3 Months Post-op

Proceed at your own pace

You are permitted to put as much weight as possible on your operative leg and proceed as quickly as you feel comfortable.

Pain Management

Post-operative Pain Management:

- Tylenol (Acetaminophen)
- NSAIDS (aspirin, ibuprofen, and naproxen)
- Celebrex (COX-2 inhibitors)

Ice and Motion

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