

After undergoing your total hip or knee replacement surgery, proper postoperative care is crucial for a successful recovery.

DVT prophylaxis: Upon discharge make sure it is clear which medications you should be taking after surgery. Your provider will advise you at your first post-op appointment if you may stop your medications.

Physical therapy: If you are attending outpatient physical therapy, this should already have been scheduled by you. Please take the prescription you were given in your packet to your first appointment. If you are having home health, the home health agency will be in contact with you.

Postoperative Care and Common Questions:

• **Constipation:** Constipation is a common side effect of surgery, especially when pain medications, anesthesia, and changes in activity levels are factors. To prevent or alleviate constipation, consider the following:

- Stay hydrated by drinking plenty of fluids, unless otherwise instructed by your healthcare provider.
- Eat a diet high in fiber, including fruits, vegetables, whole grains, and legumes.
- Engage in light physical activity, such as walking, to help stimulate bowel movements.
- Try over the counter MiraLAX and stool softeners. If these are not effective, please contact your primary care physician for further advise.

• **Blisters Around the Wound:** Occasionally, blisters may form around the wound. If the wound stays closed and the blisters are sealed, you can protect them until they dry up. Blisters indicate that the tape on your knee/hip is doing its job.

• **Pain Management:** It is normal to experience pain after surgery. Often, there is little to no pain for a day or two due to local anesthesia, but pain may increase as the anesthesia wears off. Do not panic if you do not have a fever and the wound is not excessively draining.

- Take pain medications as directed by your healthcare provider to stay ahead of pain.
- Cold therapy unit (Polar Cube) to reduce swelling and alleviate pain, especially in the first few days/week(s) after surgery. If you purchased this in our office, you should have instructions on how to use this.
- Elevate the operated limb to reduce swelling and improve circulation.

Thank you for entrusting us with your surgical care. We're honored that you chose our office for your medical needs.