

Post Op TKA/THA

Driving-May start driving once you have been: Off all narcotics, leg strength is strong enough to press on brake pedal and have the reflex for the reaction time.

Daily exercise/walking-Knees: for the first 3 weeks sitting with knee elevated-" **Toes above the nose**", getting up to go to the bathroom, kitchen, or bedroom. After 3 weeks, elevate for the next 3 weeks when sitting or after any activity-elevating helps keep the swelling down. **Hips**-important to elevate leg up so foot not dependent on the floor to keep swelling from gravitating down the leg for the first 1-2 weeks. Then continue to progress if pain is minimal-**SLOWLY**.

Helpful Reminder and /or Precautions-Knees: best to kneel on upper shin area or use knee pads for support. **Hips:** No precautions unless stated by surgeon or assistant.

Compression Stockings: Wear for 23 hours a day for the first 2 weeks (take off to shower); and then just during the day for 4 weeks. Then just needed for ankle/foot swelling.

Swelling and Pain: Swelling/pain can last off/on for 1 year depending on use/activity. Continue to elevate and ice, as needed. Ice for 30 minutes on/10-15 minutes off to allow skin to come back to room temperature

Iron/Stool Softener-If Iron was ordered prior to surgery, please take it for 6 weeks. Start stool softener ASAP after surgery and continue while on narcotics.

Gabapentin/Duloxetine and Meloxicam/Celebrex-if ordered prior to surgery, please stay on till all the pills are gone.

Dental Work-No dental cleanings for 3 months after surgery. Antibiotics for 2 years, MANDATORY, can continue lifetime if you choose to. Dental appointments only. May obtain your antibiotic script from our office: Amoxicillin, 4 caps, 1 hour prior to dental appt; or if allergic to Penicillin, then Clindamycin, 2 caps 1 hour prior. After 2 years, then just for deep cleanings or any dental procedure.

Submerging in Water-No swimming, hot tubes or soaking in a tub till the incision is completely closed-no scabs. Showers can be taken 24 hours after no drainage.

Numbness-May be present for up to 1 year around your incision.

Vaccines-Flu or Covid Vaccine should NOT be obtained for 2 weeks pre op and 6 weeks post op.

