

Hip and Knee Arthroplasty



Interior Health
Every person matters

Discharge Information • Vernon Jubilee Hospital

www.interiorhealth.ca

On discharge a responsible adult **MUST** stay with you for the first 3 nights. You are **NOT ALLOWED** to drink alcohol for 24 hours. Please refrain from signing any legal documents for 24 hours.

YOU ARE NOT ALLOWED TO DRIVE IN THE FIRST TWO WEEKS AFTER YOUR SURGERY.

Speak with your physician at your first follow up visit on when you can return to driving.

Medications

Fill your prescriptions. Your Doctor may give you a prescription for an anticoagulant; it may be a pill or an injection, this is to help prevent blood clots. Antibiotics may be prescribed to help prevent infection; this doesn't mean you have an infection. Resume taking your regular medications as directed.

It is very important that you continue taking the antibiotics and anticoagulants for as long as your doctor prescribes.

Pain Control

Goal: to keep your pain at a tolerable level (approximately 4 out of 10), using both over the counter meds such as Tylenol™ and Ibuprofen along with a prescription provided by your physician. Your pain should decrease over the next few days. Use pain medication on an as needed basis thereafter.

Ice packs may be used for only 15 minutes at a time every hour. Ensure you use a towel or barrier between you and the ice pack.

Activity

- Follow the exercises and activity instructions provided by the physiotherapist or occupational therapist.
- Use mobility aids as you were directed to by your physiotherapist or occupational therapist
- Gradually increase your activity ensuring you get rest periods.

more information on other side →

Healthlink BC Call 8-1-1 www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		

Hip and Knee Arthroplasty (continued)

Diet and Bowel Function

Good nutrition is important for wound healing. Consider using a meal supplement 1 to 2 times a day if you don't feel like eating. Avoid alcohol and smoking as these both delay wound healing.

If you are feeling sick to your stomach (nausea), drink clear fluids and slowly resume your normal diet.

Medications are available from your community pharmacist such as Graval™ (either pill form or suppository).

Constipation is common after surgery and can be prevented by:

- Drinking 6 to 8 glasses of non-caffeinated fluids per day
- Eating high fiber foods such as fruit, vegetables, bran and whole grains or take fiber supplements
- You can take a laxative of your choice (such as Colace®) or consult a community pharmacist.

Dressing and Incision Care

- You may shower on day 1 with the Mepilex® dressing on.
- Day 7 after surgery you may change your dressing. Please follow the Dressing Care Instructions handout
- At your 2-week follow up visit in the Ortho Clinic, you will have the staples removed from your incision. Your surgeon will address any concerns about the incision with you and provide further information at that time.
- Once the staples are removed, medical tape called steri-strips will be applied over the incision. These will fall off when they are ready or remove them in 7 days.
- You may shower and gently wash the area once your staples have been removed, ensuring you pat your incision dry first then dry the rest of your body.
- DO NOT soak in a bathtub, pool or hot tub until you are told to do so, approximately 4 to 6 weeks.

Seek Medical Attention if ...

- Bleeding through your dressing after reinforcement
- The incision opens
- You have nausea and vomiting and cannot eat or drink for more than 3 days
- You have a fever greater than 38.5°C
- Your incision-line looks infected (it may be red, warm, swollen, painful, unusually smelly, and/or leaking fluid).
- If you are unable to urinate for 8 hours and are uncomfortable.
- If you develop pain, swelling or redness in your lower legs.
- If you develop chest pain or shortness of breath.

Follow up Appointment

Any questions or concerns during your journey please reach out to the VJH Hip and Knee Nurse Navigator at 250-558-2109.

Please take the time to discuss any concerns about your incision or mobility, as well as **confirm when you are able to swim and soak in a hot tub or when you can drive.**

Call your surgeon's office to make an appointment to see your surgeon in the Ortho Clinic in _____ days / 2 weeks

Dr. O'Brien (250) 260-3344

Dr. Dooley (250) 549-3735

Dr. Splawinski (250) 545-1339

Dr. Secretan (778) 475-6070 ext. 2

Dr. Sernik (778) 475-6070 ext. 3

Dr. Jarvie (778) 475-6070 ext. 5