

POST-OPERATIVE INSTRUCTIONS:
DISCHARGE INSTRUCTIONS FOR JOINT REPLACEMENTS

1. Wound care
 - a. Remove adhesive Silverlon dressing after 7 days
 - b. If the wound is dry, you may leave it open to air or cover it with clean gauze
 - c. **DO NOT USE OINTMENTS OR CREAMS ON THE WOUND (SUCH AS NEOSPORIN)**

2. DVT prophylaxis (blood clot prevention)
 - a. ASA 81 mg twice a day for 30 day (unless otherwise instructed)
 - b. Knee high TED hose on both legs at all times except bathing for 4 weeks

3. Ice
 - a. Ice pack to operative site 4 times daily minimum 20 mins each and after PT

4. Bathing
 - a. You may not shower with the Silverlon dressing in place
 - b. Once the Silverlon dressing is removed and the wound is dry, you may shower. Dry the incision with a clean towel. No baths or swimming until the staples are removed.

5. Pain medications
 - a. Oxycodone 5 mg - 1 or 2 pills every 4 hours as needed
 - b. Tylenol 1000 mg 3x/day
 - c. Celebrex or Mobic as directed

6. Follow up in office
 - a. 2 weeks to remove staples and wound check, appointment with PA-C
 - b. 6 weeks for x-ray and to evaluate progress, appointment with Physician

7. Notify our office immediately if:

- a. Temperature greater than 101 degrees (check with a thermometer)
 - b. Worsening wound drainage, erythema or redness
 - c. Readmission to hospital
8. Physical therapy on discharge
- a. Home exercises per attached sheet
9. Dr. Tyndall can be reached at 814-574-1855
- a. The office can be reached at 814-942-1166 anytime
 - b. If you experience an emergency go to the ER or call 911