

PH: 516-536-2800	 Orlin & Cohen Orthopedic Group	www.OrlinCohen.com
444 Merrick Rd Lynbrook, NY 11563		80-02 Kew Gardens Rd Kew Gardens, NY 11415
	1101 Stewart Ave, Suite 100 Garden City, NY 11530	1728 Sunrise Hwy Merrick, NY 11566

Dr. Leung's Post-Total Hip and Knee Replacement Instructions

Your first follow-up appointment will be in 2 weeks for a wound check.

Appointment is scheduled for _____ at _____. please call (516) 536-2800 to schedule.

Wound care:

⇒ **Knee Replacement**

- You may shower however cover your knee with a large plastic bag and seal with a rubber band to ensure your knee does not get wet

⇒ **Hip Replacement**

- The dressing is water-proof. You may shower and let water run over the area
- The dressing is removed after 1 week and the incision left open to air as long as there is no drainage
- Most incisions will be closed with dissolvable sutures and skin glue. This glue will peel off on its own. Please do not peel this off.

⇒ It is not unusual for the incision to drain for the first few days after surgery.

⇒ If there is excessive drainage to the edges of the bandage or leaking from the bandage, obtain sterile gauze bandages from the local drugstore and hold with bandage tape. Change this daily and contact the office

⇒ No submerging the hip or knee in water for 6 weeks. **No pools, baths, or hot tubs!**

Medications:

⇒ You may resume most of your medications when you return home unless otherwise instructed

⇒ Do not restart female hormones until 4 weeks after surgery

⇒ Immune suppression drugs can be restarted after staples/sutures are removed and the wound is healed

⇒ **Below are common medications prescribed however these can vary.**

○ **Please take these medications SCHEDULED throughout the day**

- Acetaminophen (Tylenol) 1000 mg three times a day for pain
- Anti-inflammatories (only take one of the following) for pain
 - Meloxicam 15 daily
 - Celebrex 200mg twice a day
 - Ibuprofen 800mg three times a day
- Gabapentin 300mg twice a day for pain for 2 weeks
- Nexium 20mg daily 30 min before breakfast to protect the stomach lining
- Colace 100mg twice a day to soften stools and prevent constipation

○ **Please take the following medications AS NEEDED**

- Opioids (only take one of the following) for pain
 - Tramadol 50-100mg every 4 – 6 hours
 - Oxycodone 5-10mg every 4 – 6 hours
- Flexeril 10mg every 8 hours for muscle spasms

⇒ Anti-Coagulation

- Follow directions from Dr. Leung regarding anti-coagulation to prevent blood clots.
 - Aspirin 81mg, twice daily for 4 weeks
 - Other: _____

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Swelling:

- ⇒ You can have bruising and swelling down the operative leg. This is normal and can take 6-12 months to resolve
- ⇒ Ice and elevation will help to reduce swelling
 - Elevate the leg above the level of heart
 - You may keep ice on the hip for 20-30 minutes for 4-5x a day but do not apply ice directly onto the skin.

Sleep:

- ⇒ Sleep during the first 6 weeks can be difficult so use ice and pain medication as much as possible
- ⇒ Your endurance will be decreased after surgery and the easiest tasks will take longer than normal causing you fatigue easily. This will get better as healing progresses and your strength returns. Expect good days and bad days, decrease in appetite, anxiety, changes in your body's thermostat, and depression. Please know that these symptoms will subside with time.

Driving:

- ⇒ If your left hip/knee was replaced, you may drive when you feel comfortable providing that you are no longer taking any opioid pain medications.
- ⇒ If your right hip/knee was replaced, avoid driving for 4-6 weeks. Remember your reflexes may be decreased.

Things to REPORT

- ⇒ Redness around the incision
- ⇒ Drainage or bleeding around the incision
- ⇒ Temperature over 101 degrees
- ⇒ Calf pain or swelling
- ⇒ Chest pain, shortness of breath, or bloody vomit
- ⇒ Please contact our office with any concerns

Additional information

- ⇒ Bruising around the thigh and knee is not uncommon. This may extend down the leg and to the calf and foot as you start walking more.
 - Elevation and using a compression stocking or ACE wrap can help reduce swelling
- ⇒ Please inform your dentist you had a joint replacement surgery. You will need **antibiotics** prior to **any** dental procedures.

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Dr. Leung's Post-Total KNEE Replacement Exercises

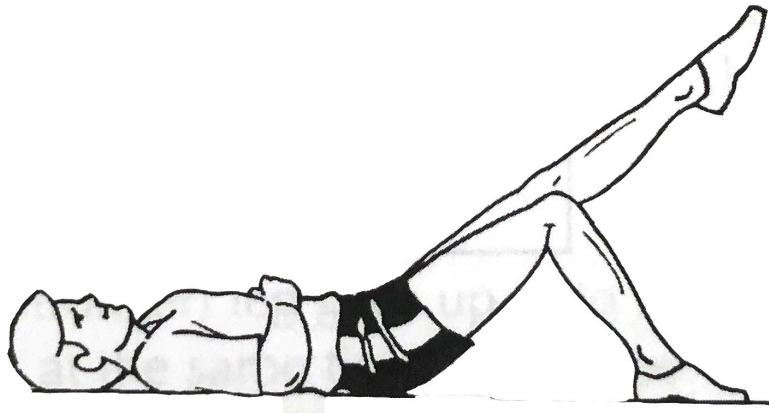
Exercise:

- ⇒ In addition to physical therapy, you must exercise **daily**. You can exercise in a pool once the staples/sutures are removed and the incision is well healed.
- ⇒ You should stay active but remember not to overdo it; listen to your body!
- ⇒ Your physical therapist will start you with a walker and progress you to a cane. They will recommend when you can ambulate without any assistive device.

The following are home exercises to perform daily. Your physical therapist will teach you additional exercises:

Straight Leg Raises:

With one knee bent and foot flat on bed, raise the operative leg to the height of the bent knee. Slowly lower the leg, keeping the knee straight throughout.

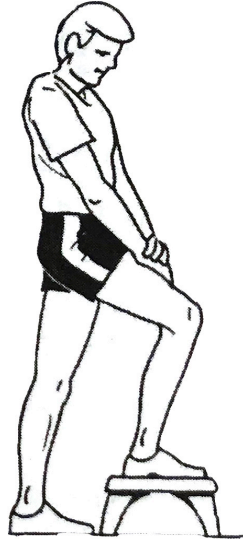


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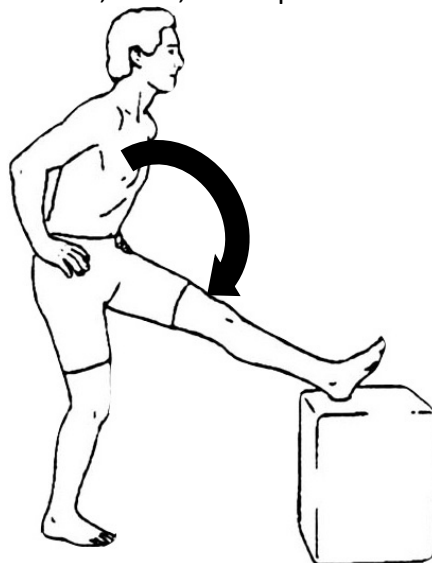
Knee Flexion:

Place the operative leg on a stool/stair so you are standing on the healthy leg. Gently lean into the affected knee causing increased bending. Hold this for 5 seconds, relax, and repeat (Do NOT bounce)



Knee Extension/Hamstring Stretches:

Place your heel on a stool/stair and straighten your leg. Bring your chest over your knee while keeping your knee straight. Hold this for 5 seconds, relax, and repeat



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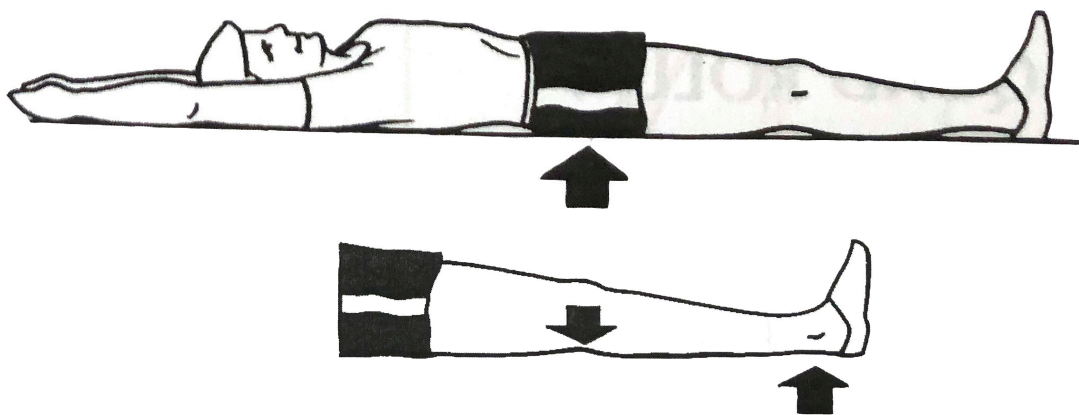
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Dr. Leung's Post-Total KNEE Replacement Exercises

Quad and Gluteal sets:

Tighten your knees and squeeze buttocks together. Push your knee down into the bed for 5 seconds and then relax.



Marching in place:

Stand in front of a mirror and march in place. This will help with knee flexion and restore your normal gait pattern. Don't be afraid to turn on some music!



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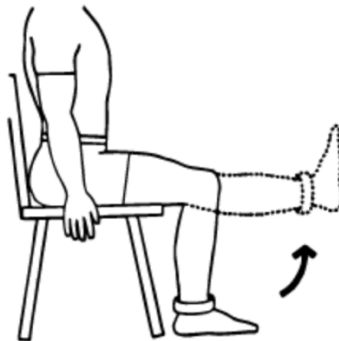
Ankle Pumps:

Slowly bend both ankles back and forth so that toes go up towards your nose and down towards the floor.



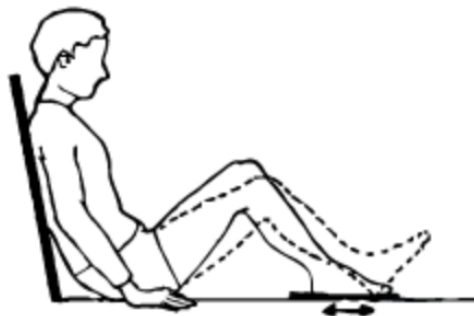
Quad Extensions:

While sitting in a chair, straighten the operative leg and then return your foot slowly to the floor.



Heel Slides:

Bend the operative knee and slide your heel towards the buttocks as far as you can, then slowly straighten the knee back out.



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Dr. Leung's Post-Total KNEE Replacement Exercises

Chair Knee Flexion:

While keeping the foot on the floor, bend your knee and slide the foot of the operated leg back under the chair. Hold for 30 seconds and then relax.



Reminder!

⇒ Daily exercise is important to maintain good knee range of motion!

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Dr. Leung's Post-Total HIP Replacement Exercises

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- ⇒ You should stay active but remember not to overdo it; listen to your body!
- ⇒ Your physical therapist will start you with a walker and progress you to a cane. They will recommend when you can ambulate without any assistive device.

The following are home exercises to perform daily. Your physical therapist will teach you additional exercises:

Marching in Place:

Stand in front of a mirror and march in place. This will help to restore your normal gait pattern. Don't be afraid to turn on some music! **Do Not flex your hips past 90 degrees.**



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Dr. Leung's Post-Total HIP Replacement Instructions

Standing Hip Abduction:

Hold onto a chair or table for balance and lift the **operated** leg out to the side while standing tall. Keep your pelvis level and upper body straight. Do no hike up your hip. Keep your toes pointing forward.



Single Leg Balance:

Balance on the **operated** leg, holding onto a counter/chair for support if needed. Squeeze your buttocks together and hold for 30 seconds. Make sure to keep your hips level.



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FOR MORE INFORMATION, PLEASE VISIT MY WEBSITE AT:

PATRICKLEUNGMD.COM



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