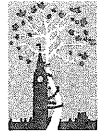




Department of Surgery
DIVISION OF ORTHOPAEDIC
SURGERY

Département de chirurgie
DIVISION DE CHIRURGIE
ORTHOPÉDIQUE



POST OPERATIVE INSTRUCTIONS TOTAL HIP/KNEE REPLACEMENT/RESURFACING DAY SURGERY

Wound:

- Keep it dry for the next 48 hours. Then you may shower.
- No bath or swimming
- If you have a dressing, always keep your dressing clean and dry. If the dressing becomes soiled or wet, it must be changed in order to prevent infection. This can be purchased at any pharmacy.
- If you have an Aquacel dressing remove it after 5-6 days and leave open to air or apply strip dressing (this can be purchased at any pharmacy). You can shower with Aquacel dressing.
- If you have sutures or staples they can be removed in 10 to 14 days by your family doctor or the plaster room at the General Campus

Getting Around:

- You can be weight bearing as tolerated on your operated leg unless instructed otherwise
- There is no restriction on range of motion or sitting
- You cannot drive for four weeks
- You will be in hospital for 1 day
- Recommend off work 6-8 weeks
- Using crutches for 4 weeks
- Do not travel long distances for at least 4 days after your surgery
- No long flights for 6 weeks after your surgery

Medications

- You will be given a prescription for pain medication that you take as needed
- You will also receive a prescription for blood clot prevention medication that you need to take for 21 days

Physiotherapy

- Please use the physiotherapy referral included in this package

Please call the Plaster room for your first follow up at 613-737-8400.

If you experience any concerns regarding fever, leg swelling, your surgical wound, or worsening pain within the first 14 days after your surgery, please:

- Call your surgeon's office
- If you are unable reach the administrative assistant after several attempts, you can present yourself to the Plaster Room (Module P) at the General Campus anytime between the following times:
 - Mondays 12:00pm to 4:00pm
 - Tuesdays 9:00am to 4:00pm
 - Wednesdays 9:00am to 4:00pm
 - Thursdays 9:00am to 4:00pm
 - Fridays 12:00pm to 4:00pm

All insurance forms, medical notes, work notes, etc will be filled out after the surgery takes place.