

## Congratulations!

**You have decided to have a total knee/hip replacement by Dr. Swank.**

**We want to make sure you get the best results and have the best experience possible. We have lots of resources available to help you achieve this.**

1. Feel free to email your questions or concerns to our email address:

**[SwankTeam@beaconortho.com](mailto:SwankTeam@beaconortho.com)**

We check our email frequently throughout the day. Please include your:

- Full name, date of birth, telephone number

2. Feel free to call us with your questions or concerns. This is the number directly to Dr. Swank's team:

**513-530-3027**

We check our voicemail frequently throughout the day. If you leave a voicemail, please include your:

- Full name, date of birth, Telephone number

## Medication Instructions

### Aspirin 81mg – Blood Thinner (Over the counter)

- Take 1 tablet twice a day for 35 days after surgery

### Mobic/Meloxicam 15mg – Anti-Inflammatory

- Take 1 tablet daily until gone (after surgery)
- Your stomach may get upset while using Aspirin and Mobic together, you should add *Prilosec/Omeprazole* daily

### Neurontin/Gabapentin 300mg – Sleep and Nerve Pain

- Start Medication: \_\_\_\_\_ (Morning of surgery)
- Take 1-3 at bedtime as needed

### Cymbalta/Duloxetine 30mg - Pain

- Start Medication: \_\_\_\_\_
- Take 1 tablet at dinner every evening
  - o Take 1 tablet morning of surgery
- When you have 7 tablets left: Wean off the medication by taking one capsule *every other day until gone*

### Oxycodone - Pain

- Starting after surgery – Take every 6 hours as needed
- Can cause constipation – Add Colace and MiraLax
- Do not drive while using

### Prednisone – Steroid (Pain)

- Take 1 tablet daily for 14 days
- Take one the night of your surgery

### Keflex - Antibiotic

- Take 1 tablet twice a day for 7 days (After surgery)
- If allergic to Keflex, take Clindamycin

## Pharmacy Instructions

Please give us **48 hours** to get initial medications *and* any refill prescriptions called in to your pharmacy (513) 530-3027.

### When you go to your pharmacy, you will get:

- All medications discussed on previous page from pharmacist
- Aspirin 81mg bottle (off the shelf)
- Tylenol Extra Strength 500mg bottle (off the shelf)
- Other over the counter medications that you may find helpful:
  - Prilosec (omeprazole), Colace, Miralax
- Hibiclens soap/wipes – ask your pharmacist where to get this

### Hibiclens Soap/Wipes:

Shower from neck to toes the day before surgery *and* the morning of surgery. Please do not apply to face, head, or genitals. Rinse well.



## What to Expect After Surgery

- Pain
- Swelling
- Bruising – a lot
  - o Anywhere from thigh to toes
- Numbness (around the incision)
- Clicking (knees only - the implant will cause a clicking sound)

### Wound Care

**You will have a large grey band aid (mepilex) over top of the incision. The incision will be under the bandaid and it is glued closed. No need for any dressing changes.**

You can **shower on day 2 after your surgery**. It is okay to get wet – gently let soap/water run over it, rinse, and pat dry.

\*If the large bandaid (mepilex) starts to leak/allow water into the wound- it should be removed immediately. If it remains intact, it will be removed at your first post-op appointment.

If you had a knee replacement - you will have an ACE wrap and white gauze wrapped around your leg. This should be removed the day after surgery. Under this wrapping will be the large grey band aid.

When attempting to get out of a chair, use a wide stance like a “sumo wrestler” *to provide balance and prevent falls.*



## Dental Protocol

### Suggested Antibiotic Prophylaxis Regimen

Take Amoxicillin **one hour** prior to dental cleaning/procedure. (Amoxicillin 2 grams by mouth one hour prior)

If allergic to Penicillin, take Clindamycin **one hour** prior to dental procedures. (Clindamycin 600mg by mouth one hour prior)

Most dentists will call the antibiotic in for you if you let them know you have a joint replacement. If they would like us to do it, please call the office at (513) 530-3027 and let us know.

This regimen is for every time the patient goes to the dentist for life.



## Basic Instructions

### Rest

You should walk 5 minutes every hour as well as do the exercises referred to in this packet. Other than this exercise program, you should *rest* as much as possible.

### Ice

Apply ice to the hip/knee approximately 15-20 minutes at least 4x/day. Always ice after any activity and therapy session, as well as prior to bed.

### Elevate

Any time you are resting, the operative leg/foot should be elevated to that the toes are above the nose. It is ok to lie down 3-4x/day for 30-40 minutes with pillows or a wedge underneath the heel to elevate the leg and decrease swelling. Avoid sitting in a recliner chair for long periods of time.

### Pillows

KNEE REPLACEMENTS ONLY: Do ***not*** place a pillow under your knee for comfort (this prevents your leg from getting straight). There is no need to place a pillow under your heel unless you are laying down/elevating.

### Compression Socks/Hose

You are asked to wear compression socks on both of your legs for 2 weeks after surgery. These will be provided to you at the surgery center before you are discharged home. It is ok to remove them as needed and for hygiene purposes.

## Timeline for Healing



### Total Knee/Hip Replacement Milestones

- **2 Weeks:** Pain bending the knee, bruising, and increased swelling
- **6 Weeks:** Back to work and golf. Trouble sleeping is common. Most are off a cane.
- **12 Weeks:** Some swelling and stiffness expected
- **6 Months:** Patients start to forget about the surgery
- **12 Months:** Doing better! One year to go for full recovery and muscle strength

# Total Joint Replacement Exercise Program

1. Walk 5 minutes every waking hour
2. Straight leg raises

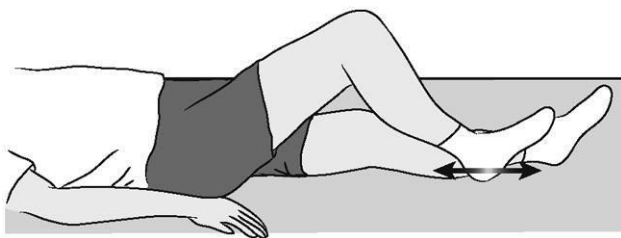
Laying or sitting: with operative leg straight & other leg bent, lift the operative leg up 6 inches off the floor. Lower leg gently. **Do 10 reps every 15 minutes while awake.**



3. Heel Slides (Knee) or Hip Pumps (Hip)

**Heel Slides:** Laying or sitting: Start with operative leg straight and begin to bend the knee and slide your heel toward your buttocks. Slowly slide your foot down, returning to starting position. Repeat.

**Hip Pumps:** In normal seated position with legs bent, bring operative knee up 4-6 inches and then put it back down. This will be a “marching” motion. Repeat. **Do 10 reps every 15 minutes while awake.**



If you are having a **knee replacement**: your first **outpatient physical therapy** session should be **1-3 days after surgery**.