

Joint Replacement 2 Weeks After Surgery

PROGRESS

At 2 weeks after joint replacement, the most complex part of your recovery is behind you. As you progress through the recovery period, remember that it takes around 3-4 months to heal from this operation. You can expect a significant decrease in discomfort and improved mobility over the next 6 weeks.



Surgery

2 weeks

8 weeks

4 months

PLAN

Incision

The dressing over your incision has been removed but it is still sealed with skin glue. There are no sutures to remove and you do not need to apply a dressing over the incision. You may continue to shower and allow water to run over the incision. Pat the incision dry after showering.

Do not submerge the incision in water until 8 weeks after surgery.

Do not apply lotions or ointments on the incision until 8 weeks after surgery.

Please notify us if there is any drainage from the incision at any point.

Pain Management

Continue taking Tylenol regularly to help manage your pain. You can wean off this medication over the next month. Use the opioid pain medication you have been prescribed as sparingly as possible and try to wean off it completely in the next 2-3 weeks. You may add an anti-inflammatory to your pain management regimen if needed. Do not use an anti-inflammatory if you have kidney disease, stomach ulcers, gastric bypass, are on blood thinners or have been told not to in the past.

Physical Therapy

Progress from in home-therapy to outpatient physical therapy.

Activity

You can increase your activity as your endurance improves. Use a cane as needed. You may find it helpful during the next 2 weeks especially when walking longer distances.

Driving

You can drive when you feel safe to do so and you are no longer taking opioid pain medications. This will vary between 2 and 6 weeks depending on the joint and which leg you had surgery on.

Preventing Blood Clots

Continue to take your medication to prevent blood clots for 2 more weeks (4 weeks from the surgery date). If you were taking a low dose aspirin prior to surgery, you can go back to that routine in 2 weeks.

You may stop wearing the compression stockings. Continue elevating your leg and doing ankle pumps as needed during the day to reduce swelling in your legs.

MORE

We want you to feel confident in your recovery at every point. Please contact us with any questions you have. Additional resources including a progressive rehab program that you can follow at home can be found at: www.marattmd.com/learn

CONTACT

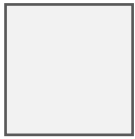
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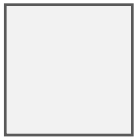
In the following section are additional notes based on the type of surgery you had.



Hip Replacement

During your recovery continue to follow the precautions that the therapists showed you in the hospital until the 8-week appointment. Avoid sudden twisting motion at your hip and avoid extremes of range of motion until the 8-week appointment. You may stretch through some discomfort under the guidance of your therapist.

Do not perform exercises that cause pain. In particular, avoid resisted hip flexion exercises until 8-weeks after surgery.



Knee Replacement

Participation in progressive rehabilitation program during the 8 weeks after surgery is critical to success after knee replacement. Continue to work with your therapist to increase your range of motion and strengthen your knee.

It is normal to have discomfort as you stretch to improve your range of motion. This will gradually improve over 8-12 weeks after surgery. You can work through the discomfort safely. Your knee will feel stiff in the mornings or after a period of inactivity. Keeping up the stretching and exercise program 3 times a day will help you make steady progress.



Press-fit Implants

The implants used in your surgery have a roughened surface that your bone will grow into over the first 8-12 weeks after surgery. Once this happens, the bone will permanently hold the implants in place. Until then, the implants are provisionally fixed in place. Avoid high impact activities and be cautious to avoid missteps that could cause the implants to move during this period.