Joint Replacement 4 Months After Surgery

PROGRESS

You have completed the recovery program for your surgery. Over the next year, you will see some small improvements in the way your joint replacement feels and functions for you.

Surgery **2 weeks** **8 weeks** **4 months**

PLAN

Incision
The appearance of your incision will continue to improve and fade over the next 6 months.

Sunburn can darken the appearance of a healing scar and make it more noticeable. For the first 6 months, try to keep it out of direct sunlight for prolonged periods.

Activity
You can continue to increase your activity as your endurance improves. You typically regain 80% of your muscle strength by 3 months after surgery and regain full strength in your muscles at around 6 months after surgery.

You do not have any specific restrictions or limitations. You can return to recreational activities that you enjoy. Refraining from repetitive high impact activity like running or lifting heavy weights may improve the longevity of the implants.

FOLLOW UP

Your next follow up appointment with us will be in 8 months for a 1-year check-up to make sure your joint replacement is performing well. We will obtain updated x-rays at that visit. Please make this appointment when you check out today.

After that, we recommend a checkup every 5 years to ensure the implant is still performing as expected.

MORE

We are available to you if you have any questions about your joint replacement. The information you have been given during your recovery and more about living with your joint replacement can be found at: www.marattmd.com/learn

CONTACT

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