

# Joint Replacement 8 Weeks After Surgery

PROGRESS

At 8 weeks after joint replacement, the most intensive part of your recovery is behind you. While you have regained much of your function and are more comfortable, you can expect continued improvement in the function of your joint and comfort over the next 8 weeks.



Surgery

2 weeks

8 weeks

4 months

PLAN

## Incision

Your incision has healed. You may submerge the incision in water now. You may treat the skin over your incision normally now and may apply lotion over it if you wish.

The appearance of your incision will continue to improve over the next 8 weeks and next year. Massaging vitamin E oil onto the incision may soften the scar tissue and improve the appearance of the incision.

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.

## Pain Management

At this point in your recovery, you should not be using any opioid pain medication.

You can continue to use Tylenol as needed to manage discomfort. You may also use an anti-inflammatory as 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

You have completed your rehabilitation program. Keep up the exercises you were shown at the end of the program to maintain the health of your joint.

## Activity

You can increase your activity as your endurance improves. You will 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.

## Medications

You have stopped taking the medication to prevent blood clots (Aspirin, Xarelto, Eliquis, Coumadin) unless you were on it prior to surgery.

## Pre-procedural Antibiotics

You will need to take an antibiotic prior to some invasive procedures to protect your joint replacement from infection. We recommend taking an antibiotic prior to dental procedures, including cleanings, for at least 2 years after joint replacement surgery. Recommended medications are listed on the reverse side.

MORE

We want you to feel confident in your recovery at every point. Please contact us with any questions you have. This information, and more about living with your joint replacement can be found at: [www.marattmd.com/learn](http://www.marattmd.com/learn)

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**Safe Opioid Disposal**

You may have some leftover opioid pain medication that you no longer need when you have recovered from your surgery. Keeping these medications in your house puts you and your family at risk, which is why it's important to safely store the medication you need and dispose of unused or leftover medication.

The Drug Abuse Prevention Task Force has partnered with the Indiana Department of Environmental Management to promote safe disposal practices in Indiana. More information about safe storage and disposal of medications can be found at: [www.in.gov/bitterpill/safe\\_storage.html](http://www.in.gov/bitterpill/safe_storage.html)

**Antibiotic Recommendations Prior to Medical and Dental Procedures**

We recommend patients take antibiotics prior to any dental work including cleanings. It is important to continue this for life especially if you have any risk factors for infection.

The usual medication is 2 grams Amoxicillin by mouth 30-60 minutes prior to procedure.

If you are allergic to Amoxicillin or Penicillin, these alternatives can be used instead:

2 grams Cephalexin (Keflex) or 500mg Azithromycin

You may obtain the prescription for these antibiotics either from your dentist, or us. Your dentist may want us to write the first prescription and take over following that. Please call us if you need us to send a prescription for you.

We recommend waiting 3 months after surgery before undergoing a teeth cleaning.

This premedication is not recommended prior to colonoscopies or biopsies unless indicated by that physician.

We do recommend prompt treatment of any known infection or nonhealing wounds for the rest of your life. This treatment should come from your primary care physician or other appropriate physician, depending on the specific area of concern.

Your next follow up appointment with us will be in 2 months to assess your recovery and ensure the implants have attained fixation. We will obtain updated x-rays at that visit.

After that, we would like to see you back 1 year after your surgery to make sure your joint replacement is performing well. Beyond that, we recommend a checkup every 5 years to ensure the implant is still performing as expected.