

Recovery at Home

Recovery at Home

- ▶ Same day surgery patients will go home the same day
 - Home physical therapy may be an option if you qualify
 - Outpatient physical therapy is what is highly recommended



Recovery at Home

Inpatient surgery patients

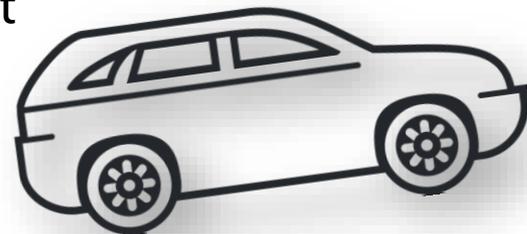
- ▶ Usually go home the next day, but have options
 - Outpatient therapy (recommended)
 - Home physical therapy (if qualified)
 - Inpatient rehab (if qualified)
- ▶ Research shows that patients recover best at home
 - Improved mobility
 - Less risk of developing an infection
 - Improved sleep and comfort
- ▶ If you are safe and independent in your mobility, you should go home to recover



Recovery at Home

▶ Going Home!

- The ride home
 - The best car to travel home in is an average size SUV
 - THR – sit in the front seat.
 - Push the seat all of the way back and recline it some.
 - If you have a lower car, place pillows/ folded blankets in the seat to raise it up.
 - Can also place a garbage bag on top in order to allow yourself to rotate more easily.
 - TKR – you can either sit in the front seat or the back seat with your leg straight out.



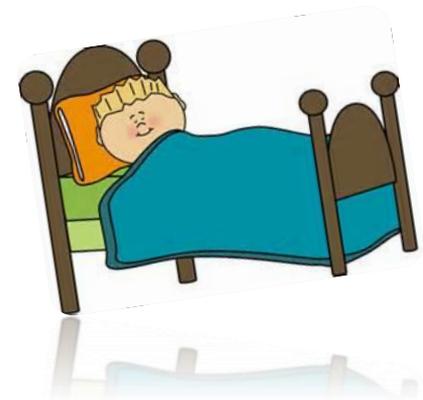
Recovery at Home

- ▶ Managing swelling and bruising
 - You will definitely swell, but you may or may not bruise
 - Swelling will continue for quite some time and a good rule of thumb is if you are up and moving and the swelling goes up and you sit down, prop it up and throw some ice on it and it goes down, it's okay
 - Ice 20–30 min on/90 min off
 - Any swelling that does not go down with rest, ice and elevation, warrants a phone call to your surgeon
 - Around the 6 week mark, your swelling should be more localized to the joint that you had replaced



Recovery at Home

- ▶ Sleep disturbances
 - You will have trouble sleeping
 - Taking naps during the day is okay, as your body will need time to heal, but I would not recommend taking long naps
 - Have a few options to sleep in like a bed, recliner, couch, etc.



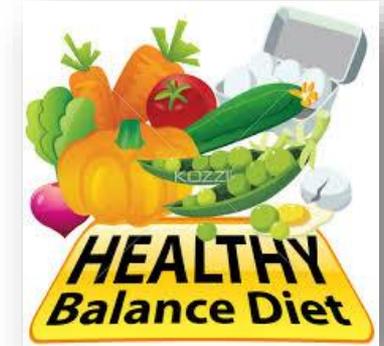
Recovery at Home

▶ Outpatient therapy

- ▶ PT should make you sore, but it should not be so painful that you feel as though you need to take a narcotic afterwards

▶ Diet and rest

- Continue to maintain a healthy diet
- Rest when you can
 - Short naps during the day are okay
 - Make sure you are trying your best to sleep through the night



Recovery at Home

▶ Medications

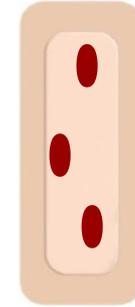
- Continue to take your medications as prescribed
- If you feel as though your pain medication is not helping with the pain, call your surgeon's office



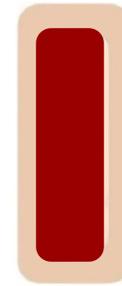
Recovery at Home

Dressing and wound care

- ▶ Dressing is applied in OR
- ▶ Stays on for 7 days without compromise
 - If possible have a medical professional change dressing (i.e. physical therapist)
- ▶ Waterproof
- ▶ Watch out for peeling at the edges



This is okay

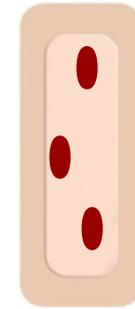


Call your
surgeon

Recovery at Home

Dressing and wound care

- ▶ You will get a second bandage to change out the first after 7 days
- ▶ The second bandage will stay on for another 7 days and then get removed
- ▶ On day 14, your staples will be removed by a medical professional
- ▶ If you use both of your bandages before the 14 days, you will have to use gauze and an ACE wrap to protect the incision site
 - If this happens, you will be unable to shower until the staples come out



This is okay



Call your surgeon