

Life After a Joint Replacement

Recovery at Home

- ▶ Life after joint replacement surgery
 - Bathing
 - Walk in showers are best
 - Long handled sponge for feet
 - Rubber mat
 - Shower chair



Recovery at Home

- ▶ Life after joint replacement surgery
 - Return to activity
 - Discuss with surgeon and physical therapist
 - No pool until incision is completely healing (no scabbing, drainage, etc.)
 - Travel
 - Take breaks on long rides
 - Ankle pumps, stretch legs



Recovery at Home

- ▶ Life after joint replacement surgery
 - Future dental/surgical procedures
 - Have to wait 8 weeks post op; need antibiotic
 - Meeks – antibiotic x1 year
 - Zahn – antibiotic for life
 - Exercise and activity
 - Avoid high impact
 - Stay active

