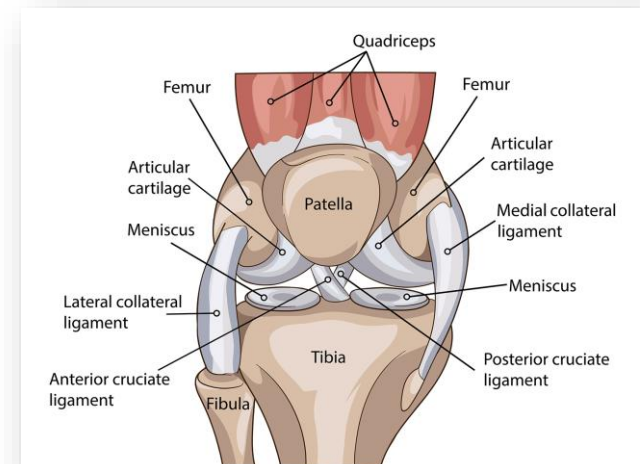
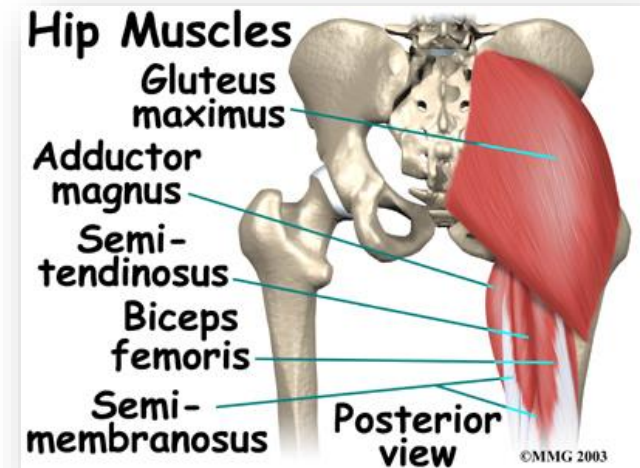


Risks and Possible Complications

Risks and Possible Complications

- ▶ Nerve, blood vessel, ligament injuries
 - You will have some numbness along the incision site and that is normal and may last for a while.
 - The numbness that we are concerned about is if the numbness goes down into your lower leg, ankle foot.
 - You may also have some clicking when you are walking and/or performing your exercises, this is normal, unless the clicking is causing you pain.



Risks and Possible Complications

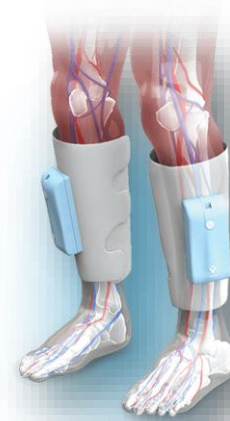
- ▶ Loosening of a joint
 - Joint replacements are beginning to last up to 30 years
 - To increase that life expectancy of your joint, you have to take care of it and yourself.
 - Maintaining a healthy body weight, staying active, but staying away from high impact activities like running or jumping.
 - The loosening of the prosthesis can happen at any time during your recovery and if you ever feel as though your joint is “loose,” inform the surgeon immediately.



Risks and Possible Complications

► Understanding the risks

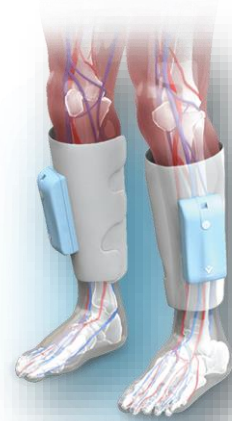
- Blood Clots
 - How to help prevent:
 - Mobile compression devices
 - Ankle pumps
 - Get up and move
 - Taking a form of anticoagulant or blood thinner (will be prescribed by your physician)
- Constipation
 - How to help prevent:
 - Drink plenty of water
 - Increase fiber intake
 - Take a stool softener
 - Get up and move



Risks and Possible Complications

► Understanding the risks

- Pneumonia
 - How to help prevent:
 - Use incentive spirometer
 - Deep breathing
 - Keeping the head of bed up
 - Get up and move
- Surgical Site Infection
 - Prior to surgery, no shaving for 7 days
 - How to help prevent: WASH YOUR HANDS



Risks and Possible Complications

- ▶ Other possible complications
 - Wound infection/delayed wound healing/skin blisters
 - Some medical conditions, such as rheumatoid arthritis, diabetes, or if you are a smoker, can affect the immune system, thus causing slow wound healing
 - Limited range of motion
 - If you had a stiff knee/hip prior to surgery, this can affect your range of motion after surgery. Beginning exercises right after your surgery will be very important



Risks and Possible Complications

- ▶ Other possible complications
 - Pulmonary embolus
 - When a blood clot travels from your legs to your lungs
 - Bleeding/blood loss
 - Sometimes requires a blood transfusion
- ▶ If you have sensitivity to tape please let us and/or the surgeon know



Risks and Possible Complications

- ▶ **Notify your surgeon's office immediately if you develop any of these signs.**
 - Warning signs of possible blood clots in your leg:
 - Warmth, swelling, increased pain, tenderness, redness in the thigh, calf, ankle or foot.

- ▶ **Seek medical treatment immediately if these symptoms occur. Call 911.**
 - Warning signs that a blood clot has traveled to your lung include:
 - Sudden increased shortness of breath.
 - Sudden onset of chest pain.
 - Localized chest pain with coughing.
 - Blood or blood streaks in sputum when you cough.
 - Feelings of anxiety.

Risks and Possible Complications

► Reducing Risk of Complications

- Reduce or eliminate tobacco and alcohol
 - If you smoke/vape or use smokeless tobacco, we strongly encourage you to stop at least 2–3 weeks (or more) before your surgery.
- Manage your health conditions
- Maintain a healthy weight/eat healthy
 - Eat health, well-balanced meals
 - Lots of fruits, vegetables and whole grains
 - Minimize saturated fats



Risks and Possible Complications

► Reducing Risk of Complications

- Wash your hands
- Perform exercises
- Dental health
 - No dental work after your surgery is scheduled
 - No cleaning one week prior to surgery date
 - Inspect your teeth for any loose teeth or painful gums. If you have either, please consult your dentist before surgery.
 - Problems with your teeth can cause complications during surgery, as bacteria from a dental infection can travel to your new joint.

