

Patient information – Hip and Knee Replacement

You are scheduled to have a replacement of your hip or knee. Here you will find an outline of what to expect before and after surgery.

PLEASE TAKE FEW MOMENTS TO REVIEW THIS AHEAD OF TIME AS IT PROVIDES IMPORTANT INFORMATION PERTINENT TO YOUR SURGERY.

Weeks before surgery

Please contact my office if you have questions about your upcoming surgery. If you need to cancel or postpone surgery, please notify my office as soon as possible. If you are unsure about cancellation policy or have any other questions, feel free to contact my office.

You will have a pre-operative visit at the pre-admission clinic. You will be seen by the nursing staff, anesthesiologist and a member of a physiotherapy team. Please bring your medications and any other health records you may have. Please be prepared to spend several hours for this appointment.

One Day before surgery

Please make sure not to eat or drink anything the midnight before surgery.

Hospital staff will contact you one day before surgery to provide you with specific time of surgery. This information is typically not available until the day before surgery. You will need to make arrangements to be picked up from the hospital by your friends or family on the day of your discharge home following your surgery. Please follow instructions provided to you at your pre-operative visit.

While at the Hospital

Upon arrival to the hospital, please check in with Admitting. Once checked in, please make your way to G6, and check in with the nursing staff.

Upon completion of the surgery, you will spend several hours in a recovery room. Subsequently, you will be transferred to the surgical ward. You may be discharged home either the evening of surgery or on the following date. Physiotherapist will assess you prior to discharge.

Upon discharge, you will be provided with prescriptions and a follow-up appointment. Please pre-arrange for transportation home.

First 2-3 weeks following surgery

Following surgery, you will have a dressing covering your incision. Please keep everything clean and dry. While incision is still healing, please do not put polysporin or any lotions / creams unless instructed to do so. Ideally, you should not shower and keep the dressing completely covered until stitches/staples are fully removed. I will typically see you in 2-3 weeks following the surgery to take out sutures / staples. You may have dissolvable stitches. Follow-up appointment will be at the Fracture clinic at the hospital.

Please start physiotherapy as was instructed during your pre-operative visit. If you had a knee replacement, it is imperative that you start bending and straightening your knee right away. It will be painful, and you will be provided with a prescription for analgesia following your surgery. Use it as a breakthrough for pain only if needed. Try using other modes of analgesia as well (i.e., Tylenol). Intermittent use of ice packs (15 min on/off, not in direct contact with the skin) would also be helpful.

Unless you are already taking blood-thinners prior to surgery, you will be provided prescription for blood-thinners for 2 weeks. Please resume all of your other home medications unless specifically instructed otherwise.

Few more things to keep in mind:

- Following surgery, you may feel a bit of numbness, tingling, or sensitivity of the skin around the foot or ankle. Typically, this is common, and related to swelling and surgery. This will improve with movement and use after the cast comes off.
- We use a pink-coloured cleaning solution during the surgery to clean your foot. Some of it may still be visible on your skin. That's normal. However, it is not normal for redness to spread up the leg, and needs to be assessed.

Please note that it takes time for tissues to heal. It is helpful to:

- Supplement your diet with Calcium and Vitamin D
- Avoid smoking
- Patients with Diabetes should pay particular attention to sugar control

Follow-up visit #1

You will have a follow-up appointment at the hospital in the Fracture Clinic 2-3 weeks after your surgery. Incision check and suture/staples removal will be performed. You do not need to see your family doctor as everything will be done at this visit.

Once the incision is fully healed (typically, 4-5 weeks after surgery), it would be helpful to massage the scar 2-3 times per day. It will help to reduce pain and swelling.

Please work with your physiotherapist and on your own on regaining your mobility and strength.

Follow-up visit #2

You will have a second follow-up visit several weeks following your surgery. New xrays will be obtained at that point.

Subsequent Follow-up visits

We will have subsequent follow-up visits. It is expected that pain will continue to gradually reduce. It may take about one year to obtain full benefit from surgery.

If you have any other questions, please contact my office at 416-479-1623 or fracture clinic at 416-469-6384.