

Frequently Asked Questions

Physical Therapy	Driving	Dental
After surgery we will arrange for home health or outpatient therapy. Some insurance plans do not cover home therapy, in which case outpatient therapy will be setup. If this is the case, or if you prefer going right to outpatient therapy, please let the office know ahead of time so that we can facilitate your referral.	1) Must have transitioned from a front wheeled walker to a cane 2) Be off of all narcotic pain medication 3) Be capable of going from gas pedal to brake We encourage patients to do a small lap around the neighborhood before graduating to the main roads	You may proceed with any/all dental procedures three months post-surgery. We do not provide/require any antibiotic treatment prior to any dental procedures. If you have any urgent procedures, please call our office for further guidance.



Narcotic Pain Medication

Only take as needed.

Be sure to regularly hydrate.



Sleeping

You may sleep in any position that is comfortable to you after surgery



Showering

Hip replacement: you can shower right away

Knee replacement: you can shower once the ACE wrap is removed, date will be written on the wrap. There is a waterproof bandage under the wrap, this comes off 1 week from the date of surgery. Allow water to run over the dressing but do not scrub it.



Stairs

You will practice climbing stairs before discharge.

You will be able to get up and down stairs after surgery, just be safe!

Swelling, Bruising, Numbness, and Warm Skin



Swelling

Swelling postoperatively is normal

To help Prevent Swelling:

- Apply ice to the area
- Elevate the extremity



Severe, massive swelling should be evaluated. Call our office for further instructions.



Numbness & Warmth

the skin around the knee after surgery can stay warmer than the other knee for over a year after surgery.

It is very common to have numbness around the area due to your sensory nerve disturbance. The area usually starts as a larger patch that gets smaller over time, typically over the first year.

Bruising

bruising occurs in dependent areas, so it may be normal for there to be bruising that occurs in the back of the thigh, knee, leg, or even down to the ankle