

After the knee or hip replacement surgery

You have had a joint replacement surgery. Rehabilitation from surgery takes about a year. You will receive individual rehabilitation instructions from your doctor or physiotherapist.

Treatment

Keep a dressing on the wound until the staples are removed. You can take a shower while the wound is protected with a waterproof bandage. Going to sauna, swimming or bathing is only allowed after the staples have been removed and the scabs have left the wound.

Wash and disinfect your hands before wound care. The same bandage can be used to protect the wound for a maximum of one week. You will receive a replacement bandage from the department when you go home. A small discharge from the wound to the bandage is not harmful. Change the bandage earlier if there is a lot of leakage or the bandage comes off.

Surgery is associated with an increased risk of vein thrombosis. After the surgery, you will also be prescribed medication to prevent vein thrombosis. Wear compression socks while you use antithrombotic medication.

After surgery your limb may be painful and swollen for a longer time. After the surgery your doctor prescribe you painkillers. Use these drugs regularly according to instructions. It is good to keep the limb in an elevated position to reduce swelling and pain. Bruises are often formed in around the surgical wound and in a wider area. They disappear by themselves during time.

Prevention of inflammation

Treat all inflammations in your body immediately. Also treat wounds and abrasions. Versatile nutrition and good hygiene help prevent many infections.

A slight increase in your body temperature may occur after the operation. Contact to your ward if you get a fever over 38° or you notice signs of inflammation in the wound area.

Signs of inflammation are

- increasing pain
- burning in the wound area
- redness
- foul-smelling discharge

A small discharge from the wound is normal for about week after surgery. Contact to your ward if the wound still exuding after 10 days.

Mention the artificial joint every time you go to the dentist, operation or hospital.

Removing staples

Make an appointment for staple removal at your local health center in two weeks.

Date is ____/____20____.

Contact information

Surgical ward 2

tel 02 627 6450