

North Valley Surgery Center

Affiliated with **HONORHEALTH**

Post-Operative Total Joint Patient Education/Prevention

Patient safety is our priority. Please sign acknowledging that this information has been reviewed with you, and you will continue to practice safety measures after discharge home.

Infection Prevention:

- Wash hands with soap and water when touching surgical dressing/site.
- Monitor temperature (fever over 101.5 should be reported immediately to your surgeon).
- Monitor for abnormal discharge (yellow, green, white, or foul odor).
- Monitor for redness or warmth around the surgical site.
- Do not soak or submerge surgical site until given permission by surgeon at follow up appointment in office.
- If having any dental work, please consult your surgeon if antibiotics are indicated.

DVT (Blood clot) & PE (pulmonary embolus) Prevention:

- Walking frequently throughout the day during waking hours (generally every hour).
- Perform ankle pumps during periods of rest (while lying in bed or on couch).
- Take Aspirin or blood thinners as prescribed by your surgeon.
- Wear Plasma Flow SCD's during waking hours only, may recharge at night.
- Wear compression stockings as prescribed by your surgeon.
- If the following occur notify your surgeon immediately: unexpected increase in pain in calf and leg, new swelling in the leg that does not go away with elevation, redness, and warmth of leg.
- If the following occur call 911 immediately: chest pain, shortness of breath, fast heartbeat, or fainting.

Fall Prevention:

- Always use assistive devices (walker).
- Take your time when changing positions (lying to sitting, sitting to standing).
- Remove throw rugs from the floor, remove extension cords from your walking path.
- Wear non-skid socks, or good fitting shoes with backing.
- If a fall does occur, please call your surgeon immediately.

Bowel Care:

- Stay well hydrated, drink plenty of fluids (water, sports drinks).
- Take stool softeners daily.
- Narcotics may cause constipation.
- If stool softeners do not produce a bowel movement, laxatives may be needed. If diarrhea occurs, stop taking laxatives immediately and notify your surgeon.

Patient Signature

RN Signature