

YOUR TOTAL JOINT REPLACEMENT

FREQUENTLY ASKED QUESTIONS

- **What should I take for pain?**
 - **You will be discharged with three medications for pain (Hydrocodone or Oxycodone, Tramadol, and Celebrex if appropriate). These may vary slightly depending on what you were taking in the hospital.**
 - **1st Line - Celebrex 200 mg (1 tablet daily) (You may only use Aleve or Motrin 30 days from surgery, once you have discontinued taking aspirin or xarelto and stop the celebrex)**
 - **2nd Line - Hydrocodone 5/325 or Oxycodone 5 mg (1-2 tablets every 4-6 hrs)**
 - **3rd Line - Tramadol 50 mg (1-2 tablets every 4 hours) - take these between Hydrocodone or Oxycodone doses if your pain is not alleviated**
 - **4th Line - Add Tylenol - 650 mg every 8 hours if not on Hydrocodone that has Tylenol in it**
- **When should I call for advice regarding my pain?**
 - **If your pain is still uncontrolled after being on the regimen above for at least 12 hours, please call the office (804) 288-1802 ext. 11073 or contact us with Mychart.**
- **Can I get refills?**
 - **Narcotic refills are provided for the first 2-6 weeks following surgery.**
 - **Use Tylenol 500 mg along with Celebrex 200 mg daily, Aleve 220mg twice daily or Motrin 200-800mg every 4-6 hours during the daytime hours to help as you wean from the narcotics**
 - **After two weeks, I suggest the narcotic pain medications be used 1 hour prior to your physical therapy appointment and 1 hour before sleeping at night at maximum. Use Tylenol and Celebrex/Aleve/Ibuprofen at other times during the day.**
 - **Keep in mind that you will need to discontinue narcotics before you resume driving.**
- **Is swelling normal?**
 - **Almost everyone has some degree of swelling following surgery.**
 - **Following hip and knee replacement surgery, swelling can be normal below the incision for the first few weeks.**
 - **This swelling peak around 5-7 days after surgery.**
 - **It is not unusual to have some bruising about the back of the thigh, calf, ankle, and foot.**
- **What should I do for the swelling?**

If you have questions or concerns, please call Dr. Robertson's staff

- **Keep the limb elevated above the level of your heart for knee replacement.**
- **Apply compression socks**
- **Use ice packs several times a day for the first several weeks.**
- **How long should I remain on blood thinners following surgery?**
 - **30 days**
- **Which blood thinners will I be on? Can I take them with Tylenol?**
 - **Aspirin 81 mg twice daily - these should be taken with meals and can be used with Tylenol. In certain instances, you may be sent home on Xarelto for 30 days.**
 - **For short periods of time (30 days), aspirin and anti-inflammatories (i.e. Aleve, Motrin / Advil / ibuprofen, diclofenac, etc. can be taken together.**
- **When can I drive?**
 - **Once you have stopped using regular narcotic pain medications (Oxycodone, Percocet, Lortab, Norco etc.) and can safely apply the brakes without hesitation, such as with emergency braking.**
- **When can I shower?**
 - **You may shower immediately if you're a waterproof dressing the clear plastic dressing or the Aquacel (brown, rubberized) bandage is in place. The waterproof dressing will be removed between 7-10 days, after which you may continue to shower.**
 - **No submersion of the incision, bathing or swimming for 6 weeks following surgery or until cleared by Dr. Robertson.**
- **What do I do with the dressing when I shower?**
 - **The clear or brown aquacel dressings are waterproof and you may shower with them.**
 - **The incision is sealed with Dermabond, a biologic skin glue, which also serves as a watertight seal. If your incision is draining, it is no longer considered to be watertight - you should contact our office prior to showering if you experience any drainage.**
- **Which dressing should I purchase after I remove my surgical dressing?**
 - **If you have no drainage you may leave your waterproof dressing in place until removal and then remove at 7-10 and leave open to air if not draining. If removed early or has drainage see below.**
 - **An occlusive dressing which covers your entire incision. This does not have to be waterproof but will need to be removed when you shower and then replaced.**

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(Example Only)

- **How active should I be following surgery?**
 - **Progress activities in moderation and at your own pace.**
 - **Walking room to room in your house is encouraged.**
 - **Walk each day and set progressive goals with small increments (1st week - ½ block of walking, 2nd week - 1 block, 3rd week - 2 blocks, etc.)**
- **Will I need help at home?**
 - **Although you will be well on your way to recovery when you leave the hospital, you will need someone to assist you with meal preparation, dressing, etc. for the first week or two.**
 - **You will likely need a caretaker who should be available 24 hours a day for the first week following surgery. It is fine for family members to work during the day, as long as they are available by phone.**
 - **Planning ahead makes coming home from the hospital a much easier transition.**
- **How long will my surgery take?**
 - **On average, total joint replacement takes approximately 1-1.5 hours.**
 - **The entire process, including pre-op and post-op care can last as long as 4- 5 hours before you are transferred to your room.**
- **What are the major risks of surgery?**
 - **All surgeries have a certain amount of risk. We want to make sure to keep you as safe and healthy as possible throughout this process.**
 - **There is risk of infection, bleeding, damage to nearby nerves or vessels, fracture, and the possible need for further surgery in the future. Risk of anesthesia, including heart attack, stroke, pulmonary embolism (a clot going from the legs to the lungs), and even death with surgery.**
 - **Antibiotics will be given to you around your procedure. To further minimize the risk of infection, we have streamlined the surgical procedure to take less time in the operating room.**

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