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Home Instructions after Joint Replacement

Weeks one through six after surgery

Recover

- Increase your appetite. You will need good nutrition to aid your healing and strengthening processes.
- Do the exercises outlined by your therapist daily.
- Rest. Take a nap during the day.
- Take pain medications as you need them.

Regaining Mobility

- Walk for 15 to 20 minutes a few times a day.
- Do knee bends at your bedside: dangle and straighten your knee.

Expect to have some **SWELLING** in your legs

- This is a common occurrence after joint replacement surgery.
- It is usually due to excessive sitting with your legs down during the day.
- To alleviate swelling:
 - Avoid sitting for longer than 15 to 20 minutes at a time. Avoid having your legs dangle when seated. Sit, then stand, walking around lie down—vary your activities.
 - Elevate your legs when lying down with two pillows, raising your feet slightly higher than your heart. A rest of one hour during the day in this position is recommended.
 - Use ActiveCare+ S.F.T® device until 2 weeks after surgical date all day except for 1 hour.

For patient who have had **hip replacement surgery**, observe these precautions:

- Do not bend your hip more than 90 degrees.
- Sit in a high chair or use two pillows on a standard chair.
- Use a chair with arm rests.
- Use a raised toilet seat.
- Use a pillow between your legs when sleeping at night.
- Your operative leg may feel long. Over time, this will ease.

*****Automobile driving should be avoided until your first re-visit.***