

## Pain

- Your surgeon has prescribed \_\_\_\_\_ for your pain. Follow the “Going Home After Your Hip/Knee Surgery” Recovery Plan. Your nurse may ask you to explain how you will take your pain medication at home.
- The last time you took your pain medication at the hospital was at \_\_\_\_\_. Take your pain medication as prescribed every 4 hours if necessary. You may also wish to use Tylenol (if it is safe to do so, ask your doctor) before taking the narcotics. If you still have intolerable pain after taking the Tylenol, you can take the prescribed narcotics. Use ice as often as you wish, but for only 20 minutes at a time.

## Your dressing and incision

- Your dressing has been checked by the nurse or doctor before leaving.
- Remove your dressing on \_\_\_\_\_ (dd/mm/yr)
- If you have staples in your incision, your nurse will give you a staple remover. Make an appointment with your family doctor to have them removed on \_\_\_\_\_ (dd/mm/yr).

## Follow-up with surgeon

An appointment has been made for you on \_\_\_\_\_ (dd/mm/yr) to see the surgeon in the Orthopedic Clinic. It is important for you to keep this appointment. If your appointment is unknown when you go home, please call the clinic at 905-521-2100, ext. 75665. Do not call your surgeon's office as they do not have this information.

## Blood thinners

You have been given instructions by the thrombosis nurse or your surgeon about blood thinners and a prescription for you to take at home. Please follow these instructions.

## Exercises

Continue to follow the instructions for exercises and precautions given to you by your therapist and in the “Your New Hip or Knee” book.

## Bathing

Review bathing instructions in “Your New Hip” or “Your New Knee” book.

## What to watch for and what to do

- If you have any of the concerns listed below, call your surgeon's office at \_\_\_\_\_ during office hours. After hours go to the Urgent Care Clinic or Emergency Room.
  - Increasing pain and swelling in your knee or hip that does not lessen by lying down and resting.
  - Increased bleeding at the surgical wound.
  - Pain, swelling, or tenderness in your calf.
  - Redness around your knee or hip incision, with pain, fever or drainage
- If you have **sudden shortness of breath or chest discomfort – call 911**