

Going Home After Your Hip/Knee Surgery

Your Recovery Plan: your typical day for the first 2 weeks

Good **pain control** means taking a pain pill every 4 hours for the first 7 to 10 days. This is when you will have the most swelling and pain.

The pain pill should **“Dull the Pain”** not **“Dull the Brain”**.

Write down what pill you took, the time and how it worked every time.

Morning

- Get out of bed
- Take a pain pill. Take a mild laxative Peg flakes, Lax-a-day if needed
- Eat a healthy breakfast
- Pain Pill is working - do your exercises, go for a short walk, ice for 20 minutes, rest

Lunch

- Take a pain pill
- Eat a healthy lunch
- Pain pill is working - do your exercises, go for a short walk, ice for 20 minutes, rest

Dinner

- Take a pain pill
- Eat a healthy dinner
- Pain pill is working - do your exercises, go for a short walk, ice for 20 minutes, rest

Before Bed

- Take a pain pill
- Take Senna pills
- Pain pill is working - do your exercises, ice for 20 minutes, rest

Your typical day may change once you figure out what works for you.

Questions for your therapist.

Can I raise my leg to help with swelling?

When can I start using a cane?

When can I start out-patient physiotherapy?

When can I use my own exercise bike or treadmill?

For the first 2 weeks after surgery take your pain pills as prescribed.

Example:

Long acting pills: 6 a.m. and 6 p.m.

Short acting pills: 20 minutes before you start your exercises and walking.

Keep moving with short walks to decrease swelling and stiffness.

Invite someone to join you until you feel stronger.

To decrease swelling, avoid sitting with legs down for long periods of time.



Rest between activities.

Use ice as often as you want for 20 minutes.

Preventing constipation caused by pain pills:

- Drink 6 to 8 glasses of water a day.
- Eat foods that are high in fibre: whole grains, fruits such as 6 to 8 prunes a day and vegetables.
- Take a Mild Laxative: PEG Flakes, RestoraLAX, Relaxa, Lax-a-day.
- Take Senna, Senokot.
- Talk with your Pharmacist.