

# Gerald McNamara, MD

## Total Joint Replacement Protocol

### 1. Physical Therapy Guideline

You will have **in home** PT and or OT for the first 2-3 weeks after surgery. The PT will consist of range of motion and strengthening exercises. This will be arranged while you are in the hospital. A home health nurse will also visit to make sure that you are doing well and your wound is healing.

At your first post-op visit (2.5 weeks after surgery), **out patient** PT will be arranged. PT will be ordered 2-3 times per week for the next 6-12 weeks. We will arrange this based upon convenience for you and your insurance.

Total Hip Replacement Patients:

\*Anterior Approach: No hip precautions. Patient can weight bear and do activities as tolerated.

\*Standard Lateral Approach: Patients are to follow the hip precautions (which are taught in the hospital) for the first 6 weeks following surgery. NO crossing of the legs, NO bending past 90 degrees and NO internal rotation (turning the toes inward of operative leg).

### 2. TED Hose (Compression Stockings)

Patients are to wear the compression stockings at all times for a total of 3 weeks after surgery. You may take them off to shower and to wash them. They should be worn to bed.

### 3. Anticoagulation Therapy

After having a Total Hip Replacement or a Total Knee Replacement, patients will be placed on Lovenox injections for approximately 14 days after surgery. You will begin the injections in the hospital the day after surgery. You will go home and finish out 10 more days of injections. These injections may be self administered or given by someone else. They are injected into the abdomen.

Total Hip Replacement: 40mg of Lovenox injected once daily

Total Knee Replacement: 30mg of Lovenox injected every 12 hours

The Lovenox will be ordered through the Home Lovenox program ahead of surgery. This is variable depending upon the patient's insurance prescription plan.

Current Coumadin Users:

If you are currently taking Coumadin, you will resume your Coumadin the day after your surgery. You may need to go home with Lovenox depending upon your PT/INR levels while at the hospital.

**\*\*If you are having any sort of revision or partial knee replacement, Lovenox will be addressed on an individual basis.**

#### 4. Driving

You may drive approximately 3 weeks after surgery. Once you are walking comfortably on a cane and no longer taking narcotic pain medication, you can begin driving. If your surgery was done on your right leg, your time not driving may be longer.

#### 5. Showering

You may shower 3 days post surgery. You must take all the dressings off and get the incision wet. Make sure to dry the incision well. You should change the dressings daily and as needed. No soaking in a pool, bath or hot tub until the incision is totally healed over.

#### 6. Using a Walker/Cane

After surgery, you will be using a walker for support. You and your physical therapist will progress you to a cane approximately 2-3 weeks after surgery. You will then be using a cane for another 2-3 weeks.

**\*\* 5 days prior to surgery, patients need to STOP all blood thinning medications including: Coumadin, Plavix, anti-inflammatories such as Ibuprofen, Advil, Aleve, Mobic and Naproxen, Fish Oil, all Herbal medications, and Aspirin \*\***

**If you have further questions, please call Suzy at 913-381-5225 ext. 464**