

Comprehensive Care for Joint Replacement

Instructions for Home



<p>Call to confirm your follow-up appointment with your surgeon and/or other providers. Call your surgeon if you are running low on pain medication BEFORE you run out, especially before the weekend.</p>	Two icons: a black smartphone and a white telephone handset.
<p>Use your SMI hip or knee ice wrap for 20-30 minutes 4-5 times per day. (Do not place plain ice packs directly on areas of your skin that is numb nor directly onto your skin)</p>	Two photographs showing a person using a black ice wrap on their hip and another person using a black ice wrap on their knee.
<p>If you have a dressing, leave it on until your surgeon sees you on your appointment date unless otherwise instructed. If it is coming off, soaked with blood, or has a bad smell, call your surgeon right away.</p>	A photograph of a yellow adhesive dressing.
<p>Elevate your leg above the level of your heart several times a day.</p>	A diagram of a person lying on their back with their leg elevated. A horizontal dashed line indicates the level of the heart, and the leg is positioned above this line. The leg is divided into four sections labeled 1, 2, 3, and 4 from the hip to the foot.
<p>If you have your T.E.D Stockings, keep it on during the day and off at night unless otherwise instructed. Do not roll them down, hand wash (no dryer), and continue to wear them for 1 month.</p>	Two photographs of T.E.D. Stockings. The top photo shows a person's leg with a white stocking. The bottom photo shows a white stocking in a circular container with the text "T.E.D. Stockings" above it.