## **Comprehensive Care for Joint Replacement**

## **Instructions for Home**



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.





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)

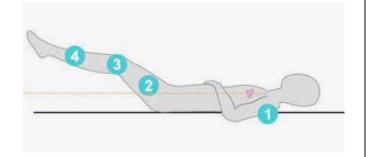




If you have a dressing, leave it on until your surgeon sees you on your appointment date unless otherwise instructed. If it is coming off, soaked with blood, or has a bad smell, call your surgeon right away.



Elevate your leg above the level of your heart several times a day.



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.

