

# Pain Relief at Home

- Your block wears off from the toes up and feels like the “pins and needles” when your leg “falls asleep”. If you start to feel this sensation, take pain relief as needed.
- It's important to understand you will have some pain, but it should be controlled and tolerable. Take scheduled OTC medications as directed (Tylenol and/or Ibuprofen) and prescription pain medication as needed
- Ice your incision 20 minutes every hour
- Go for a walk or adjust your position
- Elevating Toes Above Nose to reduce swelling

# Toes Above Your Nose



- One of the most common concerns after surgery is swelling. Swelling can be uncomfortable
- It is **VERY** important that you elevate your leg often or at least a minimum of 4 times a day for 30 minutes.
- A recliner does NOT qualify for toes above your nose.
- If you have an electric bed, make sure you are keeping your leg straight.
- **NO PILLOWS DIRECTLY UNDER THE BEND OF YOUR KNEE**



# Preventing Complications Following Surgery

1. Eat a light meal when you go home
2. Start take your blood thinner as directed (Aspirin 81mg 2 times daily)
3. Have your coach/someone you trust stay with you at least for the first 3 days
4. Keep swelling at a minimum- ice and elevate!
5. Do your exercises and keep moving- change position once every hour
6. Continue to use your incentive spirometer at home
7. Start a bowel program- stool softener/laxatives

# Physical Therapy

**Next day therapy in your home depending on your location**

Front-Wheeled Walker or crutches – You will want to have a walker or crutches to use following surgery

Cane – use in the opposite hand of your surgical leg

KNEE replacements:

Physical therapy will be prescribed by your physician.

HIP replacements:

Your therapy following surgery is walking at home, unless otherwise stated by your physician or pre-op physical therapy appt.



## When to call your PHYSICIAN/SURGEON:

1. Temperature above 101 degrees
2. Severe pain that pain medication does not lessen/relieve
3. Concerns about your dressing or surgical area
4. S/Sx of a DVT(blood clot)
5. Complications from Spinal Anesthesia

# Spinal Anesthesia Discharge Instructions Overview

Drink extra fluids for first 24 hours.

Resume normal diet.

If you experience any of the following symptoms:

- Persistent headache
- Blurred vision
- Fever
- Difficulty emptying bladder
- Tenderness or redness at injection site (lower back)
- Return of numbness in legs

Call: Total Joint Coordinator - Sara or Katie  
On-call physician at DMOS 515.224.1414  
Methodist surgery desk - ask to speak to anesthesiologist  
515.241.6214

# Discharge Instructions Overview

## Medications you may go home on:

- Tylenol 1000mg – Take every 6 hours
- Aspirin 81mg – Take 1 pill TWICE daily for 30 days
- Bowel medication (stool softeners and laxatives)  
Constipation is a common side effect of all prescription pain medication.  
Please start your bowel regimen as ordered.
- Prescription pain medication as ordered by your surgeon

Sleep disturbance following surgery is normal and will improve with time. Sleep in whichever position is most comfortable for you. You may have night sweats (chills) following surgery; this is due to your body reacting to the “trauma” of surgery.

# Follow-up Communications

Expect a phone call from  
your total joint coordinator:



- ❖ Day after surgery
- ❖ 48 hours
- ❖ 1 week
- ❖ 30 days
- ❖ 60 days
- ❖ 90 days