

DISCHARGE INSTRUCTIONS

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- **WEAR TED HOSE STOCKINGS FOR 4 WEEKS FROM SURGERY OR CAN REMOVE THEM IF CONSISTENTLY WALKING A MILE A DAY**
- **REMOVE TED HOSE STOCKINGS FOR 30 MINS, TWICE A DAY**
- **IF YOU HAVE BEEN INSTRUCTED IN ANY PRECAUTIONS (HIP PRECAUTIONS, RANGE OF MOTION RESTRACTIONS, OR LIMITED WEIGHT BEARING STATUS), FOLLOW THEM UNTIL YOU SEE THE PHYSICIAN**
- **TAKE PAIN MEDICATION 30 MINUTES BEFORE EXERCISING OR WALKING (AS NEEDED)**
- **THE DAY AFTER DISCHARGE, START WALKING OUTSIDE THE HOUSE WITH YOUR CRUTCHES OR CANE (AS INSTRUCTED BY YOUR DOCTOR OR PHYSICAL THERAPIST)**
- **INCREASE WALKING DISTANCE DAILY PER TOLERANCE**
- **AVOID MAKING YOUR HIP OR KNEE MORE SORE OR SWOLLEN**
- **EXERCISE AS PER PHYSICAL THERAPISTS INSTRUCTIONS**
- **ELEVATE OPERATIVE LEG WITH PILLOWS (ABOVE YOUR HEART) TO DECREASE SWELLING**
- **ICE YOUR OPERATIVE JOINT AT LEAST 4 TIMES A DAY FOR 30 MINUTES**
- **REST FOR 1-2 HOURS IN THE MORNING AND 1-2 HOURS IN THE AFTERNOON**

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ACTIVITY PROGRESSION/WALKING PROGRAM

- **Take the pain medication (as needed) prior to your exercise session or your daily walk**
- **Continue your home exercise program and your walking program**
- **Increase the walking distance as tolerated. Gradually increase activity level in order to keep the soreness out of the hip and knee.**
- **Ice and elevate your operative leg after exercising and walking**
- **Remember the heel-toe walking pattern as instructed by the doctor and physical therapist**
- **Pace yourself in order to avoid increase in soreness, pain or swelling**

DO NOT:

- **Do not over do it. “More is better” does not always apply. This may result in an increase in pain and swelling which can make walking, sleeping, and exercising more difficult. If you overdue it, decrease your activity for the next 1-2 days and elevate and ice your operative leg.**
- **Do not sit up for more than an hours at a time without getting up and moving around. If you sit for prolonged periods, gravity may pull the swelling from your hip/knee into the lower part of your leg. If you notice an increase in swelling in the lower part of your leg, you must lie down with your operative leg above your heart more frequently.**

INCISION CARE / DRESSING CHANGES

Your dressing does not need to be removed for 7 days unless it becomes saturated. Leave the bandage in place for AT LEAST 5 days. If the incision has been dry for 48 hours you may leave the bandages off or replace them as desired.

The nurse or the nurse practitioner will provide you with additional bandages to cover your incision for the first couple of days upon discharge from the hospital if needed.

Hand washing is the most important step for preventing infection. You and your caregiver need to wash your hands prior to changing the dressing over your incision.

You may shower 5 days from the day of surgery, if your incision has been COMPLETELY dry for 48 hours.

When you shower, pat the incision gently to dry it. If there is glue over the incision it should fall off within a few weeks. DO NOT pull it off before that.

If you have glue over your incision:

- **You may shower without a bandage after 5 days if your incision has been dry for 48 hours**

If you have staples* over your incision (most knees):

- **Do NOT get the staples wet. You can cover them with cellophane or a waterproof bandage to shower. Pat dry. The staples should be removed between 2-3 weeks following surgery. If not done prior, they will be removed at your first post-operative office visit. If no arrangements have been made, please contact the office.**
- **After the staples are removed, steri-strips (paper tapes) will be placed over the incision. They will fall off within the next week. Do NOT pull them off before that.**
- **You may shower without a waterproof cover AFTER your staples are removed and once your incision has been COMPLETELY dry for 48 hours.. After you shower, pat the incision gently to dry it.**

If you have STAPLES* or SUTURES* over your incision,

- **MAKE AN APPOINTMENT WITH DR. HOCHFELDER to have them removed by between 2 and 3 weeks post-surgery.**

Symptoms to Watch For:

If you notice any of these symptoms, **please call the office** and do **NOT** shower or get the incision wet.

1. Drainage from the incision or the drain site more than 5 days after surgery
2. Areas of the incision that are not sealed over
3. Red pimply areas on or near the incision
4. Redness along the incision

Additional Information:

NO Hot Tubs or Jacuzzi for 6 weeks. Swimming pools are allowed if you can enter safely (handrails, ramps, steps, etc.). It is recommended that you wait until the incision is well healed before entering the pool. Limit the time in the pool to 10-15 minutes in order to monitor your response and incision healing.

CALL THE OFFICE IF:

- **YOUR INCISION IS DRAINING OR BECOMES RED AND INFLAMED**
- **YOU SPIKE A TEMPERATURE GREATER THAN 101 DEGREES**
- **YOU HAVE CALF PAIN, SWELLING, AND/OR SHORTNESS OF BREATH**
- **YOUR PAIN IS NOT CONTROLLED BY MEDICATIONS, REST, ICING, AND ELEVATION**
- **YOU DO NOT HAVE A BOWEL MOVEMENT WITHIN 4 DAYS FROM THE DAY OF SURGERY**
- **YOU NEED A REFILL ON A PRESCRIPTION**
- **YOU HAVE NOT SCHEDULED YOUR FOLLOW-UP APPOINTMENT**

THE OFFICE'S PHONE NUMBER IS: 914-631-7777

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