

Last Name <i>(Legal)</i>		First Name <i>(Legal)</i>	
Preferred Name <input type="checkbox"/> Last <input type="checkbox"/> First		DOB <i>(dd-Mon-yyyy)</i>	
PHN	ULI <input type="checkbox"/> Same as PHN	MRN	
Administrative Gender <input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Non-binary/prefer not to disclose (X) <input type="checkbox"/> Unknown	

Caring for Yourself after a Hip or Knee Replacement

Follow these instructions at home.

If you have any questions or concerns, call your case manager or surgeon.

Site		
<input type="checkbox"/> Your staples will be taken out at the _____ Clinic on <i>(dd-Mon-yyyy)</i>		
<input type="checkbox"/> If you have questions or concerns, call your case manager or surgeon		
<input type="checkbox"/> Wound Care <i>(specify)</i>		
Shower (no baths), no soap, lotion or cream on the incision		
<input type="checkbox"/> Other follow-up appointments <i>(for example: Home Care, Mobile Lab, physiotherapy, medical tests)</i>		
Your weight bearing status is		
Call 911 if you have sudden chest pain or trouble breathing.		
When to call your case manager: <ul style="list-style-type: none"> For more pain, redness, swelling, or tenderness in your lower leg, and if lying down for at least 20 minutes doesn't help. For an incision that becomes red, hard, hot, swollen, or is draining. For chills and a fever above 38.5 °C (101.3 °F). For a new, sudden pain or less range of motion in your hip. For blood in your stool, urine, or the fluid you cough up. For more bruising that doesn't seem to be going away after 3 weeks. <i>(Bruising is normal above and below the incision for up to 3 weeks after surgery).</i> If you still have to take strong pain medicine 6 weeks after surgery. 		When to call your family doctor: <ul style="list-style-type: none"> If you have diarrhea or constipation that doesn't get better after 3 days. If your prescription medicine changed after surgery For medical concerns not related to your surgery.
If you can't reach your case manager or surgeon, call your family doctor, or call Health Link at 811.		
<input type="checkbox"/> Medication Reconciliation Done	Prescription <input type="checkbox"/> No <input type="checkbox"/> Yes, given	<input type="checkbox"/> faxed to Pharmacy
Pain Medicine <i>(Name)</i>	Dose	How often
Pain Medicine <i>(Name)</i>	Dose	How often
If you need to, you can take your pain medicine today at:		
Blood Thinner <i>(Name)</i>	Dose	How often
Blood Thinner <i>(Name)</i>	Dose	How often
Other medicine <i>(specify)</i>		
The above instructions have been explained to me		
Patient Signature		Or Legal Representative <i>(specify)</i>
Staff Signature and Designation		Date <i>(dd-Mon-yyyy)</i>

Activity and Precautions

- You **must** use your walker or crutches, bathroom equipment, and dressing aids until your first wound assessment. Follow the activity guidelines your healthcare team gave you.
- Put only as much weight on your operated leg as your doctor or healthcare team told you.
- Take your pain medicine 30 to 45 minutes before you do your exercises.
- Do the exercises in your booklet *When You're Having a Hip or Knee Replacement*.
- To help with swelling, raise your operated leg 2 to 3 times a day for 45 minutes and regularly ice your operated leg (*don't leave the ice pack in one place for more than 20 minutes*).
- You need both activity and rest to recover. Start by taking short walks, and then gradually increase how far you walk. Ask someone to come with you the first few times.
- Stop what you're doing and rest when you're tired. It's better to do shorter activities more often, than do one long activity.
- Your healthcare team will tell you if you need follow-up physiotherapy appointments.

Your booklet *When You're Having a Hip or Knee Replacement* has more about sports and leisure activities, driving, sexual activity, travelling, and going back to work.

DO NOT do these HIP movements after a hip replacement until your surgeon says you can:

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| <ul style="list-style-type: none">• bend your hip more than 90 degrees• cross your legs• bring your knee higher than your hip when you sit• reach down for things on the floor• twist, squat, or kneel | <ul style="list-style-type: none">• lift and push objects that weigh more than 11 kg (25 lbs)• exercises that involve jumping, twisting, quick stops and starts, or other movements that put sudden force on your hip |
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DO NOT do these KNEE movements after a knee replacement until your surgeon says you can:

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|---|---|
| <ul style="list-style-type: none">• twist or pivot on your leg• squat or kneel• lift and/or push things that weigh more than 11 kg (25 lbs) | <ul style="list-style-type: none">• contact sports• any activities or exercises that would put sudden force on your knee by quick stops and starts, twisting, jarring, or jumping |
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Diet

- Eat more fibre like bran cereals, whole grains, fruits, and vegetables including prunes, to help with any constipation from your pain medicine.
- Drink enough fluids to keep your urine clear or pale yellow.
- Eat a well-balanced diet to help your incision heal.

Other Information

- Tell your dentist and other doctors that care for you that you had your hip or knee replaced. You may need antibiotics before dental or other medical work to reduce the risk of an infection spreading to your new joint.
- Expect to use less pain medicine every day. Stop your pain medicine as soon as you can meet your therapy goals without it.

For 24-hour general health information or nurse advice, call Health Link at 811 in Alberta, or 1-866-408-LINK (5465) toll-free if outside Alberta.