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TOTAL JOINT REPLACEMENT

Post-Operative Care

1. WOUND CARE

After the surgery you will have waterproof dressing which should be left on and kept dry to reduce risk of infection. You will be given some spare dressings if they should happen to come off. Showering is OK but do not soak in a bath. It is normal to have some blood spotting on the dressing but ooze that breaches the dressing should prompt you to see medical attention with your GP or to return to the hospital.

You will generally have clips at the incision sites, and these should be inspected and removed with a medical professional such as your GP or nurse practitioner 2 weeks post operatively.

If you develop **fevers**, or **excessive redness** or **discharge** from your wound, please contact us on the details below.

2. ACTIVITY

Lower limb swelling on the operated leg is very common and can last for months post operatively. Elevate the leg when possible, to allow for swelling to reduce especially in the first two week. Regular ice therapy (30 mins up to 4-5 times per day) to the operative site can help with pain and swelling.

You can put full weight immediately post operatively on the operated leg. You will be provided with two crutches to help with walking, and it is expected that you will use the crutches for the first 6 weeks. Only discontinue the crutches when you feel you have full control of your operated leg.

As it is sometimes difficult to get your knee fully straight after knee replacement surgery, avoid keeping pillows directly behind the knee. It is better to place the pillow under the calf.

3. PHYSIOTHERAPY

Physiotherapy is an important part of your recovery, in particular regaining range of motion of the knee post total knee replacement. Work on both flexion (bending) the knee as well as extension (getting the knee fully straight). Everyone responds to surgery differently in terms of pain and inflammation, so do not worry if you are progressing faster or slower than others. As long as you keep performing the exercises each day, your knee movement will gradually return.

The physiotherapy departments in the hospitals Mr Gibbons works in provide post operative rehabilitation classes for a very reasonable fee and are highly recommended.

FOLLOW-UP

Mr. Gibbons will typically see you 6-8 weeks post operatively to assess your recovery and go through the intra-operative findings with you to explain what was seen and what one would expect from your joint going forward.

For any questions or concerns please email: johngibbonssec@gmail.com