

INFORMATION GUIDE FOR PATIENTS & FAMILIES

# TOTAL HIP / KNEE REPLACEMENT



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Centre hospitalier affilié  
universitaire

A University-Affiliated  
Hospital Centre

**Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Ouest-de-  
l'Île-de-Montréal**

**Québec** 

## TABLE OF CONTENTS

<b>General Information</b> .....	3
<b>Overview</b>	
Total Hip and Knee Replacement .....	4
<b>Preparing for your surgery</b>	
Pre-operative visit at the Patient Assessment Center (PAC) .....	5
One (1) or two (2) weeks before your surgery.....	5
Home preparation .....	6
What time do I arrive for my surgery?.....	6
Your health before your surgery .....	6
Nutrition recommendations .....	7
The evening before your surgery .....	9
<b>Arrival at Hospital</b>	
Day of your surgery .....	10
After your surgery .....	10
Paths to Home Guide: Total Hip and Knee Arthroplasty.....	11
<b>Your rehabilitation</b>	
Ready for discharge home.....	12
Rehabilitation plan after surgery.....	12
Criteria required for a discharge from the hospital .....	12
Your exercises after your Total Hip Replacement.....	13
Your exercises after your Total Knee Replacement .....	14
Total hip and knee precautions (for 6 weeks) .....	15
Getting around after surgery.....	16
Self-care.....	18
Discharge home instructions.....	19
Preventing infection after a total hip and knee replacement .....	19
Potential complications.....	20
<b>Equipment suppliers' list</b> .....	21
<b>Resource person(s)</b> .....	24
<b>Notes</b> .....	25

Redaction: St. Mary's Hospital Surgery Department  
October 2017

# DEAR PATIENTS AND FAMILIES,

You have decided to have a total joint replacement. This guide was created to provide you with important information about your surgery and the post-operative period. Our team would like to help you take an active role in planning your discharge and your successful recovery.

**Our goal is to get you ready to return home two (2) - three (3) days after your surgery.**

**Please bring this guide with you to the hospital.**

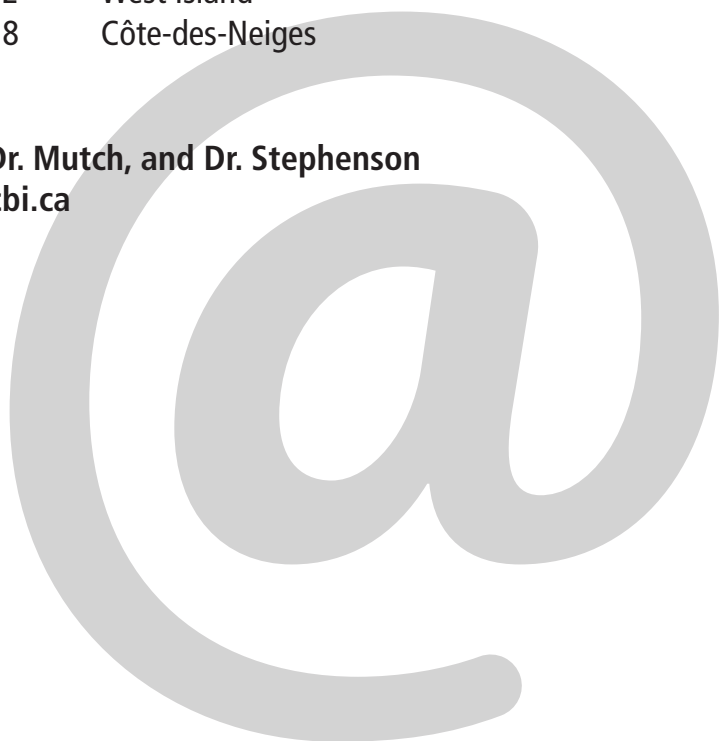
## IMPORTANT PHONE NUMBERS

St. Mary's Hospital Center.....514 345-3511  
Pre-operative Clinic.....514 345-3511 extension 3029 or 3747  
Admission office .....514 345-3511 extension 3738  
Post-operative care unit-Musculoskeletal.....514 345-3511 extension 3432

### Orthopedic Surgeons

Dr. Albers.....	514 734-2728	Côte-des-Neiges
Dr. Dimentberg.....	514 734-2728	Côte-des-Neiges
	514 848-3317	Sherbrooke
Dr. Haydon.....	514 734-2728	Côte-des-Neiges
Dr. Lincoln.....	514 369-0010	NDG
Dr. Mutch.....	514 734-2728	Côte-des-Neiges
	514 695-7122	West Island
Dr. Stephenson.....	514 734-2728	Côte-des-Neiges

**Dr. Albers, Dr. Dimentberg, Dr. Haydon, Dr. Mutch, and Dr. Stephenson can additionally be reached at: [ortho@cbi.ca](mailto:ortho@cbi.ca)**



# OVERVIEW

## Total Hip Replacement

### Hip joint

- Helps with your balance and supports your weight
- Composed of two bones: Pelvis acetabulum and thighbone (*femur*)
- Thighbone (*femur*) has a rounded head that fits into a socket (acetabulum) to form the hip joint.

### Hip replacement

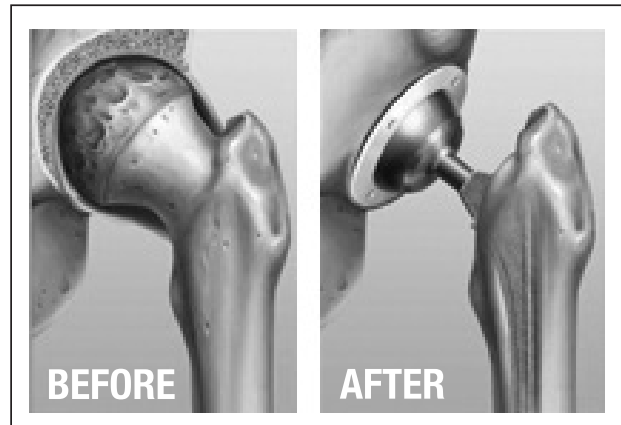
In normal joints, smooth cartilage covers the end of each bone and provides a smooth gliding surface for movement and acts as a cushion between the bones.

In osteoarthritis, the most common condition affecting joints, the cartilage wears away and bone rubs against bone causing loss of motion and pain.

With a hip replacement the damaged parts are replaced with components that are made from titanium, plastic, ceramic and chromium cobalt.

The choice of implants varies from person to person.

Your doctor will look at your needs and choose the implant that is best for you.



## Total Knee Replacement

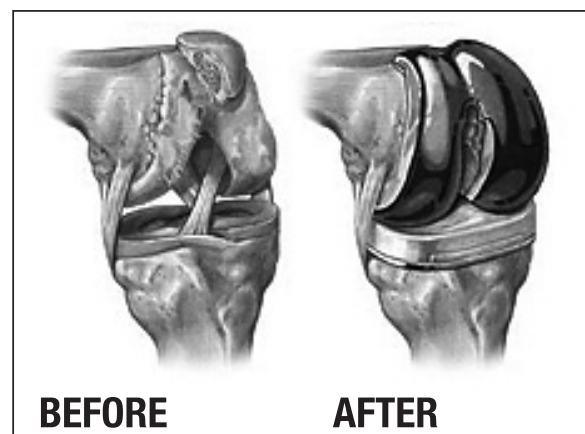
### Knee joint

- Largest joint in the body
- Knee joint is where the thigh bone (*femur*) and the shin bone (*tibia*) meet.

### Knee replacement

Modern knee replacements are made from titanium, chromium cobalt and a polyethylene (plastic).

Your doctor will look at your needs and choose the implant that is best for you.



**IT IS VERY IMPORTANT TO TELL YOUR DOCTOR  
IF YOU HAVE AN ALLERGY TO NICKEL**

# PREPARING FOR YOUR SURGERY

## PRE-OPERATIVE VISIT AT THE PATIENT ASSESSMENT CENTER (P.A.C.)

### PAC team

- Doctor
- Nurse
- Occupational Therapist
- Pharmacist, if needed
- Physiotherapist
- Spiritual care, if needed

### The Doctor will:

- Examine you
- Send you for certain tests (e.g. blood test, x-rays, etc.)

### The Nurse will:

- Review the health questionnaire
- Explain what you need to know in order to help you manage before and after your surgery
- Provide you with the disinfectant sponge that you will need to wash with before surgery to decrease the risk of infection

### The Physiotherapist will:

- Review rehabilitation plans
- Notify your local CLSC of your surgery
- Request a pre-operative home evaluation (may not be applicable in certain areas)

The PAC team will prepare you for your surgery and answer any questions.

### Group teaching session

Nurse, physiotherapist, occupational therapist:

- Will review the important information about your surgery.

# ONE (1) OR TWO (2) WEEKS BEFORE YOUR SURGERY

## CLSC HOME VISIT

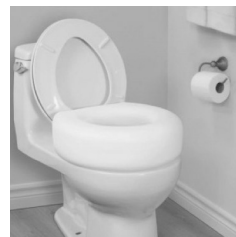
- CLSC will contact you to schedule a home visit or phone evaluation.

### If you live in Montreal:

- CLSC may do a preoperative home visit
- This visit will ensure that your home is appropriate for your return home after your surgery
- This visit will help determine the medical equipment you may require. Below are some examples:



Transfer bath board



Raised toilet seat



Long-handled shoe horn



Long-handled reacher



Cane



Walker

- Some CLSCs will ask you to rent or purchase equipment prior to your surgery (see equipment suppliers list at the end of this document).

### If you do not live in Montreal:

- Some CLSCs will ask you to rent or purchase equipment prior to your surgery (see equipment suppliers list at the end of this document).



## HOME PREPARATION

- Notify your family, caregiver, friends, etc., about your upcoming surgery.
- Arrange for transport to and from hospital.
- Arrange for meals. Prepare and/ or buy frozen foods in individual portions that can be easily reheated/cooked.
- Arrange for help with groceries, bathing, housekeeping, banking, pet care, etc.
- Arrange for someone else to provide assistance for the person that you may be caring for at home.
- Arrange for someone to be with you for the first couple of nights after you are discharged from hospital.
- Notify any support services about your upcoming surgery (CLSC, Meals on Wheels, etc.)
- Ensure that medical equipment is properly installed. Familiarize yourself with the equipment.
- Clear hallways and spaces around bed, kitchen and bathroom.
- Remove rugs, this will allow you to move freely and safely with your walker.
- Consider the use of nightlights in hallways etc.
- Place items that you will use often within your reach (waist level or shoulder level).
- If you do not already have a staircase railing, you may consider installing one.
- Consider a hand-held shower head. Make sure you have a good quality, non-slip bath mat in the bathtub and on the bathroom floor.
- You may be asked to buy compression stockings. These help to decrease the risk of blood clots.

Please make sure to buy the compression stockings **and bring them to the hospital with you.**



## WHAT TIME DO I ARRIVE FOR MY SURGERY?

- You will be admitted to the hospital on the same day of your surgery.
- The admitting office will call you one (1) to two (2) days before to confirm the time you must come to the hospital. Please expect this call and be available.

## YOUR HEALTH BEFORE YOUR SURGERY

If you notice any changes in your health, for example:

- Fever
- Cough
- Sore throat
- Skin infection, infected ingrown toenail, etc.

Call your doctor or call the surgery booking office at St. Mary's hospital before 14:30 (2:30 pm)  
514 345-3511 extension 3692 or 3673

# NUTRITION RECOMMENDATIONS

In **preparation** for your surgery and **following** your surgery, eat a well-balanced diet. Special emphasis is placed on promoting healing (protein) and preventing constipation (fiber and fluids).



## FIBER & FLUID

Constipation after surgery is common due to the side effects of medications, anesthesia and decreased movement. Include foods that contain dietary fiber and drink plenty of fluids to help keep bowel movements regular and prevent constipation. Increase dietary fiber in your diet.

- Vegetables
- Fruits
- Legumes (beans)
- Whole grains (i.e. brown rice and quinoa)
- Whole grain breads and pasta
- Unsalted nuts and seeds



## PROTEIN

Protein is the most important nutrient for muscle growth and wound healing. High-quality protein is found in Milk & Milk Products and Meat & Alternates groups. Choose lean or low fat options more often.

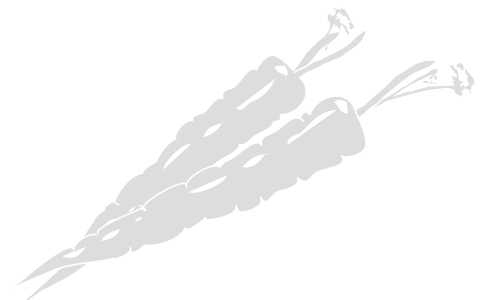
- Eggs
- Cheese
- Cottage cheese
- Nuts & seeds
- Legumes (beans)
- Tofu
- Fish
- Meat
- Milk



## CALCIUM

Calcium is needed for bone healing and maintenance. Milk and milk products are the best source of easily absorbable calcium. Choose low fat or skimmed versions. Aim for 3-4 servings daily.

- Milk
- Cheese
- Sardines (with soft bones)
- Yogurt
- Cottage cheese
- Frozen yogurt or ice cream
- Tofu
- Canned salmon (with soft bones)



## VITAMIN D

Vitamin D is essential for calcium absorption. This vitamin is made in the skin when it is exposed to sunlight. The best food sources of Vitamin D include:

- Fatty fish (salmon and mackerel)
- Milk
- Fish liver oils
- Margarine
- Vitamin D fortified soy beverages

Canada's Food Guide recommends that adults over 50 consume a daily vitamin D supplement.

**\*\*Always consult with your physician before taking any new supplements to avoid interactions with other medications\*\*.**

## IRON

Iron is a mineral that is needed to carry oxygen to all cells in the body. Enough iron is needed before and after surgery to prevent anemia due to blood loss. Iron in foods come in two forms:

- Heme iron is found in meat, poultry, and seafood. This iron is the most easily absorbed by the body.
- Non-heme iron is found in plant foods like vegetables and legumes. This form of iron is less well absorbed. It can be better absorbed if eaten with vitamin C-rich foods like oranges and peppers or other sources of heme iron.






# THE EVENING BEFORE YOUR SURGERY

## PACK YOUR OVERNIGHT BAG

### BRING:

- Toiletries (soap, toothpaste, toothbrush, denture case, etc.)
- Closed heel non-slip shoes/slippers 
- Underwear, socks, short robe, comfortable/weather appropriate clothing (for your discharge home)
- CPAP machine, hearing aid, glasses, compression stockings
- Your medications in their original containers
- If you are taking blood thinners, like Coumadin, please write down the name of the doctor and phone number of the doctor that follows you for this medication. Bring the doctor's name and phone number to the hospital.**

### DO NOT BRING :

- Valuables
- Jewelry
- Credit cards
- Large sums of money



## SURGERY PREPARATION CHECKLIST

### THE EVENING BEFORE YOUR SURGERY

- Shower with the disinfectant sponge provided by the hospital. Wash body from neck to toes, including back. Wash hair with shampoo.

- DO NOT** eat after midnight.

- You **can drink clear liquids** such as water, fruit juice (no pulp), Gatorade, black coffee (no milk), black tea (no milk) **up until 4:00 AM the day of your surgery.**



### THE DAY OF YOUR SURGERY

- Take a **second** shower with the disinfectant sponge provided by the hospital. Wash body from neck to toes, including back. Wash hair with shampoo.
- DO NOT** apply any makeup, nail polish, deodorants, lotions, perfumes, hair products.
- Take only the medications that your **doctor instructed you to take.**



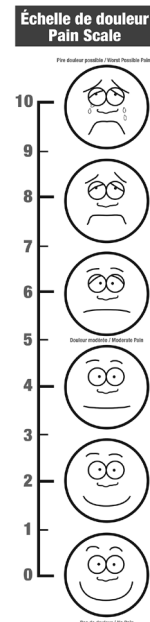
# ARRIVAL AT HOSPITAL

## DAY OF YOUR SURGERY

- Please present yourself at the **Admitting office (Main Pavilion, Ground Floor, Room G-310)**.
- You will be directed to the **Surgical Day Center (Main Pavilion, 2<sup>nd</sup> floor, Room 2324)**.
- You will be asked to change into a hospital gown and the nurse will go over a preoperative checklist with you.
- The nurse may administer some medications that your doctor may have prescribed for pain and nausea before surgery.
- An orderly will walk with you to the operating room. **Family members will not be allowed to accompany you.**
- An anesthesiologist will discuss your anesthesia with you.

## AFTER YOUR SURGERY

- In the recovery room, the nurse will monitor you.
- You **will** have:
  - Intravenous for fluid
  - Surgical dressing covering your operated site (hip/ knee)
- You **may** have:
  - Oxygen through a nose piece or mask
  - Urinary catheter
  - Compression stockings on your legs
- Pain control:
  - Epidural (in your back)
  - Nerve Block (in your groin/ thigh)
  - Patient controlled analgesia (a button that you press for pain medication through IV)
  - Medication pills



## TRANSFER TO THE POST-OPERATIVE CARE UNIT – DAY OF SURGERY

- You must ask for pain medication as soon as you feel the need
- You must do your respiratory exercises every hour (incentive spirometer)
- You must do your circulatory exercises every hour
- You must change position in your bed every two (2) hours (prevent pressure ulcers)
- You may be allowed to sit at the edge of the bed, or pivot into a recliner (**nurse evaluation required**)

## DAY AFTER YOUR SURGERY UNTIL THE DAY YOU GO HOME

- You must ask for pain medication as soon as you feel the need
- You must do your respiratory exercises every hour (incentive spirometer)
- You must do your circulatory exercises every hour
- You must walk with a walker and with the assistance of a healthcare professional
- You must do your exercise program three (3) times a day
- You must walk to the bathroom with assistance to wash yourself
- You must prepare for your discharge home two (2) to three (3) days after your surgery

# PATHS TO HOME GUIDE: TOTAL HIP ARTHROPLASTY TOTAL KNEE ARTHROPLASTY

	Day of Surgery	Day 1 of Surgery	Day 2 of Surgery	Day 3 of Surgery
Breathing Exercises	10X every hour	10X every hour sitting	10X every hour sitting	10X every hour sitting
Activities PT/OT/Nurse		1X daily 10-15 meters	2x daily 25-30 meters	3x daily > 35 meters
Pain Control	pain should be kept below 4	pain should be kept below 4	pain should be kept below 4	pain should be kept below 4
Nutrition	full fluids: juice, milk, soup	high fiber, regular diet prevent constipation	high fiber, regular diet prevent constipation	high fiber, regular diet prevent constipation
Tubes & Lines			lines removed today	
Discharge Planning	CLSC ✓			

Poster adapted by St. Mary's Hospital Center

# YOUR REHABILITATION

## READY FOR DISCHARGE HOME

- The hospital liaison nurse will contact the CLSC to inform them of:
  - Discharge date
  - Dressing changes to incision (if applicable)
  - Removal of staples to incision (if applicable)
  - Medication administration (if applicable)
- The frequency of home visits will be decided by the CLSC



## YOUR REHABILITATION PLAN AFTER SURGERY

It is critical to understand that motivation and participation in your physical therapy program is a vital element in the success of your overall recovery. The more committed and enthusiastic you are, the quicker your improvement will be. **Remember, you make the difference!**

### DAY 0 (THE DAY OF YOUR SURGERY)



- Start ankle pump exercises (Figure 1 see next page).
- Quad sets-controlling the thigh muscle to push the knee straight (Figure 2 see next page).
- We will help you sit at the edge of the bed.
- You will get up for the first time with the help of a healthcare professional and a walker. You may put as much weight as you can tolerate on your operated leg (unless) otherwise indicated by your doctor.
- Wait until Day 1 to start bending your operated knee.

### DAY 1 (THE DAY AFTER YOUR SURGERY)



#### You will:

- Begin your exercise program
- Practice your transfers (bed, chair, toilet)
- Practice walking for a minimum of 10 meters
- Get up for lunch and supper
- Practice walking in your room



### DAY 2/3

#### You will:

- Continue your exercise program.
- Practice your transfers (bed, chair, tub/shower, toilet seat, car).
- Practice walking a minimum of 30 meters.
- Practice going up and down the stairs.

#### We will:

- Teach you how to become more independent in your transfers and your daily activities. If all is well, you will be discharged from the hospital.

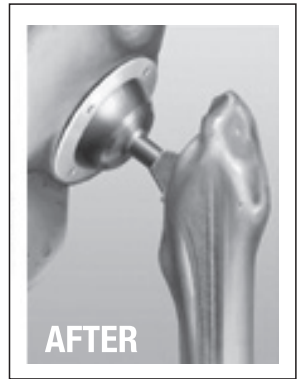
## CRITERIA REQUIRED FOR A DISCHARGE FROM THE HOSPITAL


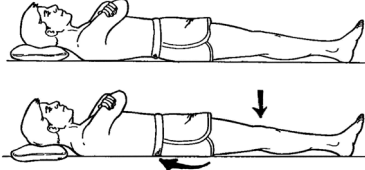

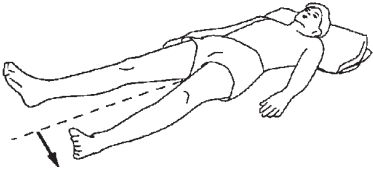

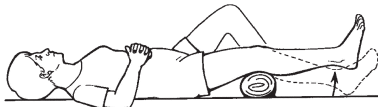
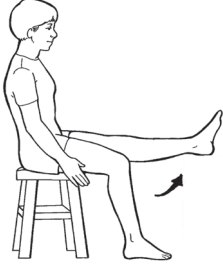
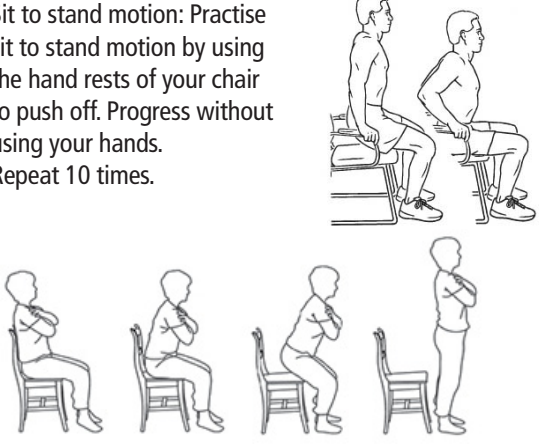
Your discharge will be on **DAY 2 or 3** if the healthcare team determines that you have met the following criteria:

You are:

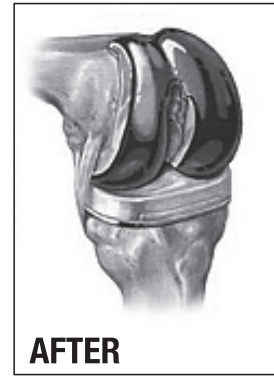
- Safe with transfers and walking with walker
- Safe using the stairs
- Independent with your exercise program
- Safe to take your medication

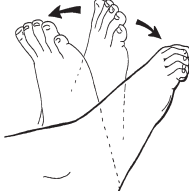
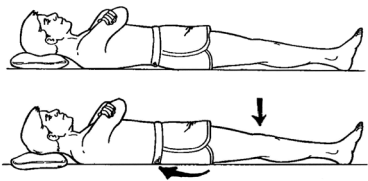

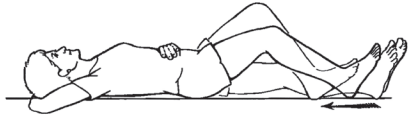
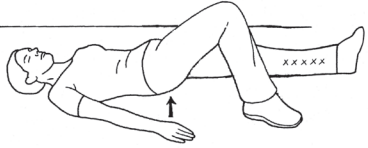
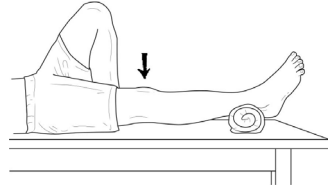

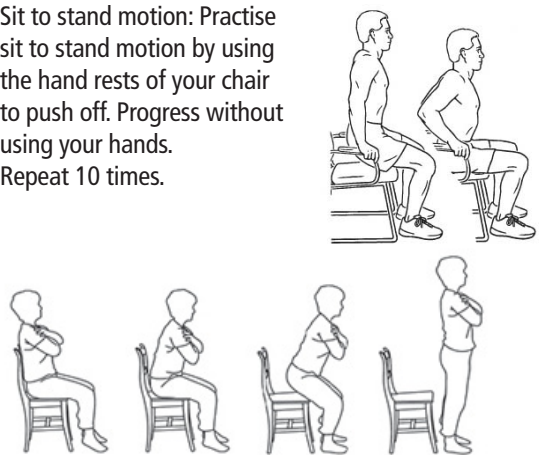
# YOUR EXERCISES AFTER YOUR TOTAL HIP REPLACEMENT



<p>1. a) Move your toes and ankles up and down. b) Move your ankle in circles. Repeat 10 times, every hour.</p> 	<p>2. Lie on your back and keep both legs straight. Push your knee down firmly against the bed and squeeze your buttocks together. Hold for 5 seconds then, relax. Repeat 10 times</p> 
<p>3. Lie on your back. Wrap a towel under your thigh. Pull on the towel to bend your operated hip. Maintain this position for 5 seconds, repeat 10 times.</p> 	<p>4. Lying down with both legs straight, slide out the operated leg to the side without turning your foot. Hold for 5 seconds, repeat 10 times.</p> 
<p>5. Lie down on your back, bend the non-operated leg. Keep your foot flat on the bed. Push down with your foot and elevate buttocks. Hold this position for 5 seconds, then relax. Repeat 10 times.</p> 	<p>6. Lie down on your back and place a rolled up towel or firm roll under your knee of your operated leg. Push the back of the knee into the towel in order to get the heel to lift off the bed; then pull toes towards you. Hold this position for 5 seconds. Repeat 10 times.</p> 
<p>7. In a sitting position, lift foot off the ground and try to fully extend knee. Hold this position for 5 seconds. Repeat 10 times.</p> 	<p>8. Sit to stand motion: Practise sit to stand motion by using the hand rests of your chair to push off. Progress without using your hands. Repeat 10 times.</p> 

# YOUR EXERCISES AFTER YOUR TOTAL KNEE REPLACEMENT



<p>1. a) Move your toes and ankles up and down. b) Move your ankle in circles. Repeat 10 times, every hour.</p> 	<p>2. Lie on your back and keep both legs straight. Push your knee down firmly against the bed and squeeze your buttocks together. Hold for 5 seconds then, relax. Repeat 10 times.</p> 
<p>3. Lie on your back. Wrap a towel under your thigh. Pull on the towel to bend your operated knee. Maintain this position for 5 seconds, repeat 10 times.</p> 	<p>4. Lie on your back. Bend your operated knee by sliding your heel on the bed. Maintain this position for 5 seconds. Repeat 10 times.</p> 
<p>5. When lying down, bend the knee on the non-operated side while keeping your foot flat on the bed. Then, push down on your foot and elevate buttocks. Hold this position for 5 seconds, then relax. Repeat 10 times.</p> 	<p>6. Lie down on your back and place a rolled up towel or firm roll under your ankle of your operated leg. Push the back of the knee into the bed as you pull your toes towards you. Hold this position for 5 seconds. Repeat 10 times.</p> 
<p>7. In a sitting position, lift foot off the ground and try to fully extend knee. Hold this position for 5 seconds. Repeat 10 times.</p> 	<p>8. Sit to stand motion: Practise sit to stand motion by using the hand rests of your chair to push off. Progress without using your hands. Repeat 10 times.</p> 

# TOTAL HIP AND KNEE PRECAUTIONS (FOR 6 WEEKS)

Precautions are necessary to prevent the new joint from dislocating and to ensure proper healing. These restrictions are for a period of 6 weeks. Here are the most common:

## KNEE

- **DO NOT** put a pillow or roll directly under your knee, always keep the knee as straight as possible while in bed.
- **DO NOT** kneel or squat.

### Do



### Don't



## HIP

- **DO NOT** bend your hip past 90 degrees.
- **DO NOT** bend at the waist beyond 90 degrees (i.e. **DO NOT** try to pick up something from the floor while you are sitting or standing).
- **DO NOT** bring your knee up higher than your hip.
- **DO NOT** cross your legs.
- **DO NOT** rotate your leg inwards.



**Do not bend your operated hip beyond a 90° angle.**



**Do not cross your operated leg or ankle**



**Do not turn your operated leg inward in a pigeon-toed position**

# GETTING AROUND AFTER SURGERY

## WALKING WITH A WALKER

A walker is often used for the first several weeks after your surgery.

- Move walker forward.
- Take a step with your **operated leg**.
- Shift weight onto walker and take a step forward with the non-operated leg.
- **DO NOT** take sharp turns with a walker.

## WALKING WITH A CANE OR SINGLE CRUTCH

A cane or single crutch offers a minimal degree of support while walking. It is usually used for several months after the use of a walker until your full strength and balance have returned.

- Hold cane or crutch in the hand opposite the operated leg.

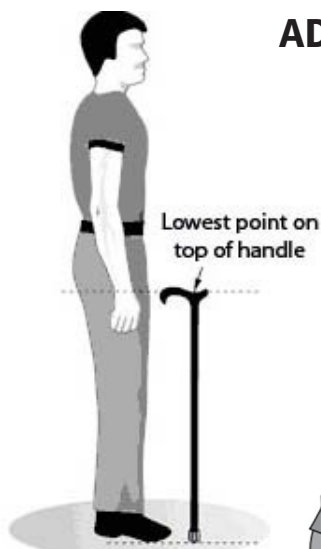
## TRANSFERS (CHAIR/TOILET)

- To sit, slide the operated leg forward while holding onto the armrests and go down slowly.
- To get up from the chair/toilet seat, bring your buttocks to the edge of the chair/toilet seat and slide your operated leg forward, pushing with your hands on the armrests. Get up slowly.

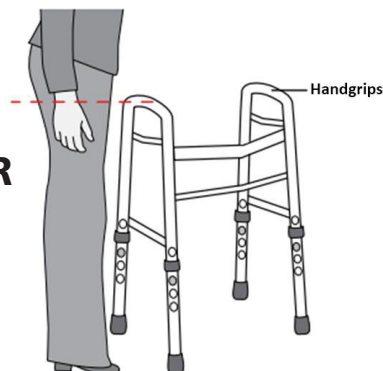
## SITTING POSITION TO STANDING POSITION

- Ensure to have a chair with a firm cushion and armrests.
- Place hands on bed/armrests of chair.
- Move buttocks to edge of bed/chair.
- Slide your operated leg forward, pushing with your hands on the armrests.
- Get up slowly.
- Put your weight onto non-operated leg and push off with both hands from bed/armrests of chair.
- Once standing, place your hands on walker and slide your operated leg back at the same level as non-operated leg.

## ADJUSTING YOUR CANE HEIGHT



## ADJUSTING YOUR WALKER HEIGHT



## STANDING POSITION TO SITTING POSITION

- Use your walker for support as you back up until you feel the edge of bed/chair behind your knees.
- Slide the operated leg forward.
- Place one hand at a time on the armrest of the chair.
- Slowly sit down.



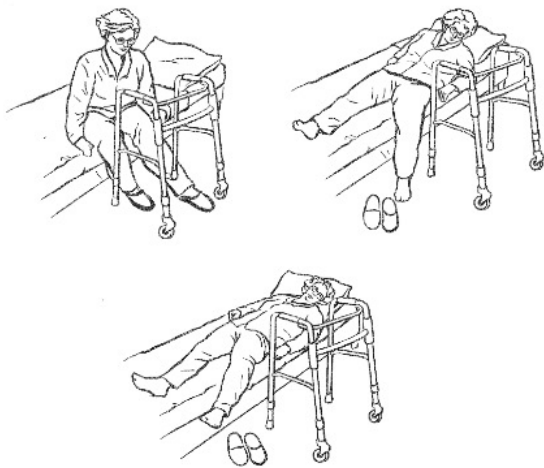


## BED

### Getting into bed

- Position yourself close to the head of the bed.
- Move back so the back of your knees touch the bed.
- Slide your operated leg forward.
- Place one hand at a time on the bed and slowly sit down.
- Using your arms for support, start turning your body and lift one leg at a time.

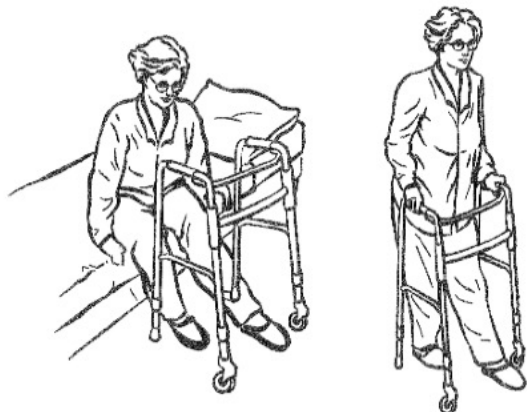
**Tip:** You may use your hands, a towel or your non-operated leg to assist your operated leg up on the bed.



### Getting out of bed

- Lying on your back, bend your non-operated leg and move yourself to the edge of the bed.
- Use your arms to push yourself up in a sitting position as you start turning your body and legs towards the floor.

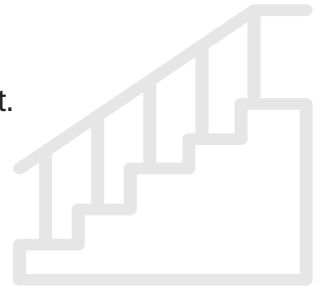
If needed, the therapist will assist your operated leg until it reaches the floor safely.



## STAIRS

### To go up

- Put the good leg up first.
- Bring up the operated leg and crutch or cane together.



### To go down

- First lower the operated leg and the crutch or cane.
- Lower the good leg using the crutch or cane.

## CAR

### To get into the car

- Always sit in the front seat on the passenger side.
- Ensure that the car seat is positioned as far back as possible so that you can straighten out your leg. Recline the back of the car seat.
- Place a cushion on the seat if it is too low. If needed, place a plastic bag on the seat to slide more easily.
- Standing on the street (and not on the sidewalk), turn your back to the car and give your walker or crutches to your family member/friend.
- Position yourself with your right hand on the back of the car seat and your left hand on the car dashboard.
- Sit and keep your feet on the ground.
- Slide your buttocks as far as you can on the seat.
- Bring your legs into the car, use your hands or a towel underneath your thigh to lift your operated leg.
- **DO NOT** attempt to swing your operated leg inside the car in one motion.

### To get out of the car

Follow the above steps in reverse order.



# SELF CARE

## TOILETING

- Use a raised toilet seat with or without armrests (A and B).
- Use the armrests or grab bars to assist you when sitting down and getting up from the toilet.
- **DO NOT** twist your body to reach the toilet paper or to flush.



## BATHING

- Use grab bars to help you sit and stand.
- Use a transfer bath bench (C), a bath seat with or without (D) back, or transfer bath board (E).
- Use a long-handled sponge to reach your back and feet.



## DRESSING

- Use a long-handled shoe horn (F) to put on and take off shoes.
- Use a sock aid (G) to put on socks or ask someone to put them on for you.
- Use elastic shoelaces that convert laced shoes to slip-ons; this eliminates excessive bending while tying a knot and bow.
- Use a long-handled reacher to help you put on and take off your pants and underwear; always **begin with your operated leg** when putting on pants and start with your non-operated leg when taking your pants off.
- Wear loose and comfortable clothing.



# DISCHARGE HOME INSTRUCTIONS

## MEDICATIONS

Ensure you understand the medications that your doctor prescribed.

**Blood thinning medication** - To prevent blood clots

**Caution:** Blood thinning medication may cause bleeding.

**Pain medication** - To control your pain so you can continue to walk/ physiotherapy

- A good way to get pain relief is to take the pain medication as soon as the pain starts.
- Pain medication taken by mouth takes at least 30 to 45 minutes to start working.

**Caution:** Pain medication may cause drowsiness.



## REST PERIODS AND SUPPORT

- Schedule rest periods throughout the day.
- The CLSC will call you to plan their home visits.
- Ensure that someone will stay with you for the first couple of nights.

## LEG SWELLING

- Most patients develop leg swelling in the operated leg. This varies from patient to patient and may be accompanied by "black and blue" bruising that resolves over a few weeks.
- The more swelling you have, the more difficult it will be to bend, straighten or even lift your leg. It is therefore important to minimize swelling to enhance your recovery.

**To reduce swelling in the first two (2) weeks:**

Apply cold therapy to your joint frequently for 10- 15 minutes at a time.

**After two weeks:**

If you advance your activity too quickly or overdo it, your operated joint may become more swollen.

**Here are some suggestions that will help reduce swelling if it occurs:**

- Move your ankles up and down (ankle pumps).
- Ice for 10 - 15 minutes after long walks, if painful, or after exercise. Ice may be in the form of ice wrapped in bags or towels or commercial cold packs.
- Lie in bed for 20 minutes periodically during the day.
- Limit your sitting time to 45 minutes to one (1) hour. Walk around, then return to sitting.
- Wear your support/ compression stockings as prescribed by your surgeon.

## SHOWERS AND BATHS

- You may shower after your staples from your incision have been removed.
- You may bathe one (1) week after your staples have been removed.



## PREVENTING INFECTION AFTER A TOTAL HIP AND KNEE REPLACEMENT

Current guidelines **DO NOT** recommend routine antibiotic use for dental procedures. Antibiotics are recommended only in high risk patients. If you think you may be at risk, please discuss it with your doctor (the one who did your surgery) before any procedure.

## FOLLOW-UP WITH YOUR DOCTOR

- Post-operative follow-up is in 6 weeks at your doctor's office where you saw him before your surgery.
- Hip surgery: A hip x-ray is needed. Knee surgery: No x-ray is needed.
- Resume driving when instructed by your doctor which is usually 4-6 weeks after your surgery.

## RECOVERY AFTER SURGERY

You will likely feel tired and fatigued for several weeks and this is normal. You may experience numbness around your incision and this is normal. You may notice clicking: This is due to the plastic and metal surfaces moving together and this is also normal. The benefits of a joint replacement usually become fully evident by 4-6 months after the surgery.

## TRAVEL



### Must do:

- **Inform the airport security that you have a hip or knee implant.** No medical certificate or note by your surgeon is needed.
- Modern airport security will detect all joint replacements. To minimize the inconvenience and avoid a full body pat down, you must go through the body scanner.
- If you walk through the metal detector doorway, the alarm will go off and you will have to wait for a security agent to do a full body pat down.

## POTENTIAL COMPLICATIONS

### SURGICAL INCISION INFECTION

Some signs of infection:

- More redness or darkening of incision
- Swelling
- Chills
- More pain
- Fever
- Foul-smelling or pus-like drainage from incision

If any of these symptoms occur, contact your doctor's office immediately or return to the Emergency Department.

### BLOOD CLOTS

Some signs of a blood clot:

- Pain and/or redness in your calf
- Increased skin temperature
- Chest pain or pain when breathing
- Increased swelling of your thigh, calf, or ankle
- Shortness of breath

If you develop any of these symptoms, go to the nearest Emergency Department or call 911.

## CONTINUE WITH YOUR GREAT PROGRESS!

# EQUIPMENT SUPPLIERS' LIST

Fournisseurs d'aides techniques Equipment Suppliers	Adresse Address	Numéro de téléphone Phone Number	Numéro de fax Fax Number
<b>RÉGION DE MONTRÉAL-CENTRE CENTRAL MONTREAL AREA</b>			
Adaptel Inc	7070 Rue Sherbrooke E, Montréal, QC H1N 1E6	(514) 328-1892	514-328-7837
Adapti-Med inc	8284 Pascal-Gagnon Rue St.Léonard, Qc, H1P 1Y4	514-324-7680	514-955-0306
Amedco Inc.	7015 Boulevard Gouin E, Montréal, QC H1E 5N2	(514) 382-8181	
Brunet Orthopédie (Rental Also) Pharmacie Guy Beaudoin	7701 Rue St. Denis, Montréal, Qc, H2R 2E9	514-272-1184	514-272-6602
Centre Orthomedic Inc.	3842 Jean Talon Est, Montréal, Qc, H2A 1Y4	514-722-3395	514-593-9884
*Maison André Viger	6700 Rue St. Denis, Montréal, Qc, H2S 525	514-274-7560	514-274-5593
*Médecus	5135 10ieme Avenue, Montréal, Qc H1Y 2G5 5050 Blvd. St. Laurent, Montréal, Qc H2T 1R7	514-525-3757 514-276-3691	514-525-9915 514-276-4887
Pharmaprix Mont Royal Wheelchair Rentals	1 Ave Mont Royal Est Montréal, QC H2T	514-284-1865	514-284-2461
<b>RÉGION DU NORD DE MONTRÉAL NORTH OF MONTREAL AREA</b>			
Boutique du lit électrique	561, rue Leclerc, suite 101, Repentigny Québec J6A 8B4	(514) 949-0253	(514) 394-7761
Centre d'Appareils Orthopédiques Joliette De Lanaudière Enr	478 St. Viateur, Joliette, Qc J6E 3B3	450-756-4576	450-756-4570
Centre Orthopédique Joly	985 Rue Papineau, Joliette, Qc J6E 2L8	450-759-3025	450-759-8899
*Expo-Médec	139 Boul. de la Concorde Est, Laval (Québec)	450-975-2299	450-975-8919
Ortho-Concept	2101 Boul. Le Carrefour #100 Laval, Quebec H7S 2J7	450-973-6700	450-973-3848
Orthèse & Prothèses Arthro-Med	1769 Boulevard Des Laurentides, Laval, QC	450-967-2388	450-967-4215
Orthèse Prothèse Terrebonne	1620 Chemin Gascon, Terrebonne, Qc, J6X 3A3	450-471-1101	450-471-2416
Pharmacie Jean Coutu	100 Blvd Brien, Repentigny, Qc, J5Z 1J6	450-585-7880	450-585-5145
Québec Medical de Lanaudière	880 Montée de l'Épiphanie Route 341, L'Assomption, Qc, J5W 2W2	450-589-2133 1-888-927-8727	450-589-6234 450-589-6234
Villeneuve Orthopedique Inc.	123 Blvd Industriel (coin Masson), Repentigny, Qc J6A 7K4	450-581-0140	450-581-0155
<b>RÉGION MONTRÉAL-OUEST MONTREAL WEST AREA</b>			
Actimed	1605 Boulevard Marcel-Laurin, Saint-Laurent, QC H4R 0B7	(514) 747-0977	(514) 747-1113
Activaide (Plaza Pointe Claire)	285 E Blvd St. Jean, Pointe-Claire, Qc H9R 3J1	514-671-1234	514-671-1235
Boutique L'Autonome	4718 Wellington, Verdun, Qc, H1J 1X3	514-765-0707	514-762-3533
Dépanago Centre Orthopédique	1350 Cyrille Duquet, Québec, Qc G1N 2E5	(418) 266-7731	418-682-8302
Adaptations En Mouvement (Résidence au fil de l'eau phase 3)	7015 Blvd Gouin Est, Montréal, Qc H1E 5N2	514-382-8181	
J.E. Hanger Ltd. Montréal	5300 chemin de la Côte-des-Neiges, Suite 200, Montréal, H3T 1Y3 *Several locations in Montreal	514-340-1124	514-906-0022
Loca-Médec Inc.	4590 Henri Bourassa Ouest Bureau 12, St. Laurent, Qc, H4L 1A8	514-332-4433	514-332-4436
Medequip	175 Avenue Stillview, Suite 160, Pointe-Claire, Qc H9R 4S3	514-697-8868	514-697-0637
*Medos Services	6000 Rue Hutchinson, Outremont, Qc H2V 4C2	514-987-1212	514-987-1416
Ortho-Sport	4051 St. Catherine Ouest, Westmount, Qc H3Z 3J8	514-939-1702	514-939-3164
Slawner Ortho	5713 Ch. De la Cotes-des-Neiges, Montréal, Qc, H3S 1Y7	514-731-3378	514-731-4571 or 514-731-0472
Wil-Aide Medical	318 Rue St. Jacques, Lachine, Qc, H8R 1E2	514-363-0856	514-363-1352

<b>RÉGION DE LA RIVE-SUD SOUTH SHORE AREA</b>			
Clinique du Pied Daniel Kourie Enr - Orthèses Déka enr	1615 Jacques Cartier Est Longueuil, Qc, J4M 2X1	450-468-9961	
Proxim pharmacie affiliée	490 Victoria, St.Lambert, Qc, J4P 2J4	450-671-5563	450-671-3359
Les Distributions Equimed Inc	1727 Blvd Périgny office#5, Chambly, Qc, J3L 4C3, (Bureau 5)	450-447-9816 1-888-447-9816 514-894-3891	450-447-1180
Équipements adaptés MCL	275 Blvd Curé-Poirier Ouest Longueuil, Qc, J4J 2G8	450-442-4111	450-442-0546
Équipements médicaux Leika Ltd	9575 Illinois Bureau 608, Brossard, Qc, J4Y 3A5	450-659-1991 1-877-659-1991	450-659-4925
Orthèse-Prothèse Rive-Sud	127 Rue Saint-Louis, Ville Lemoyne, Qc J4R 2L3	450-672-0078	450-672-9144
<b>AUTRES PROVINCES CANADIENNES OTHER CANADIAN PROVINCES</b>			
KCI Medical Canada Inc	75 Courtneypark Dr W, Mississauga, ON L5W 0E3	905-565-7187 1-800-668-5403	1-888-686-5672
<b>FOURNISSEURS DE PRODUITS D'INCONTINENCE SUPPLIERS OF INCONTINENCE PRODUCTS</b>			
Dufort et Lavigne Ltd	8581 Place Marien, Montréal, Qc H1B 5W6	514-527-9381 1-800-361-0655	
Solidarité de parents de personnes handicapées	5095 9e Avenue, Montréal, QC H1Y	514-254-6067	514-254-7953
<b>* Vous trouverez également des produits d'incontinence chez fournisseurs d'aides techniques marqués d'un astérisque (*) * You can also find Incontinence products at Equipment Suppliers with an asterisk (*)</b>			
<b>FOURNISSEURS DE VÊTEMENTS ADAPTÉS SUPPLIERS OF ADAPTED CLOTHING</b>			
Création Confort Inc	3565 Larry E, Montreal, Québec H1Z 4K6	514-728-6889	514-728-1807
Vêtements Gadaxsym Inc	740 Boulevard Industriel, Saint-Eustache, QC J7R 5V3	(450) 623-2846	
<b>PRODUITS RÉADAPTATION DIRECTE DU CATALOGUE REHABILITATION PRODUCTS DIRECTLY FROM THE CATALOGUE</b>			
Sammons Preston Rolyan Canada Inc	755 Queensway East Unit 27 Mississauga, ON, L4Y 4C5	(905) 566-9200	(905) 566-9207
<b>This is not an exhaustive list. Ceci n'est pas une liste exhaustive.</b>			
<b>PROVISION DE NOURRITURE FOOD CATERING</b>			
Aliments Thym Thym	3764 Ave de Courtrai, Montréal, Qc, H3S 1C1	514-341-4345	514-341-4614
Centre d'action bénévole Bordeaux-Cartierville	Suite 200, 1405 Boul Henri-Bourassa O, Montréal, QC H3M 3B2	514-856-3553	514-856-3554
Centre d'action bénévole St. Laurent	910 Avenue Ste. Croix, Saint-Laurent, Qc H4L 3Y6	514-744-5511	514-744-1206
Delice Minute	715 Boulevard des Milles-Illes, Laval, Qc H7J 1E5	450-963-6937	
Entraide Ahunstic-Nord	10780 Rue Laverdure E109 Montréal, Qc H3L 2L9	514-382-9171	514-382-5126
Cummings Center	5700 Avenue Westbury, Montréal, Qc, H3W 3E8	514-342-1234	514-739-6899
Meals on Wheels	111, Roy East, Montreal (QC) H2W 1M1	514-284-9335	
New Hope Senior Citizen's Center	6225 Godfrey, Montréal, Qc H4B 1K3	514-484-0425	
Senior's Association Fila	821 Rue Ogilvy, Montréal, Qc H3N 1N9	514-948-3021	514-948-6063

<b>MÉNAGE CLEANING</b>			
Aylmer-Must: Saint Elizabeth Healthcare	5165 Rue Sherbrooke O #110, Montréal, QC H4A 1T6	(514) 486-4600	
Alternacare Quantum	2100 Marlowe, Montréal, Qc, H9R 5N3	514-485-5050	514-485-5040
Geronto	370 Blvd St. Joseph Est, Montréal, Qc, H2T 1J6	(514) 868-8922	
Le Cummings Centre	5700 Avebye Westbury, Montréal, Qc H2W 3E8	514-342-1234	514-739-6899
NDG Seniors Citizen's Council	88 Ballantyne North, Montreal Ouest, Qc H4X 2B8	514-487-1311	514-487-1203
Paraide International	55757 Avenue Decelles, Montréal, QC H3S 2C3	514-735-1756	514-735-1996
Rem-Medi Health Care Services	5180 Queen Mary Suite 206 Montréal, Qc H3W 3E7	514-481-8255	514-735-1996
Royal Treatment Health Care Services	5180 Queen Mary Suite 206 Montréal, Qc H3W 3E7	514-342-8293	514-735-1996
Access Services Santé	25 Boulevard La Fayette Longueuil, QC	514-281-5050	514-281-2077 514-281-6973
Servir Plus Soins Soutien à Domicile Inc	1014 rue Richelieu, Beloeil, Qc G3J 4R2	450-467-7000	450-467-7225
<b>SUBSIDIZED CLEANING AGENCIES</b>			
COOP aide Rive-Sud	740 Boulevard Sainte-Foy #300, Longueuil, QC J4J 1W4	450-679-2433	450-679-7910
Coopérative de soutien à domicile de Laval	304 Blvd de Cartier Ouest, 3e étage, Laval, QC H7N 2J2	450-972-1313	450-972-1919
Coup de balai / Clean Sweepers	5465 Chemin Queen Mary, Montréal, QC H3X 1V5	(514) 484-4750	
La Grande Vadrouille	5950 Ch de la Côte-des-Neiges, Montréal, Qc, H3S 1Z6	514-341-0443	514-342-4712
Logi + Net	7491 Cordner, LaSalle, Québec H8N 2R5	514-367-3576	514-367-3043
Maisonnette Sud-Ouest	75 Square SIR-G Étienne-Cartier, Montréal, Qc, H4C 3A1	514-932-2433	514-932-2909
Plumeau Chiffon et Compagnie	4450 Rue St. Hubert, Montréal, Qc, H2J 2W9	514-523-6626	514-523-7908
Répie-Ressource de l'est de Montréal	7707 Rue Hochelaga, Bureau 100, Montréal, Qc, H1L 2K4	514-353-1479	514-353-3952
Service d'aide Domestique: RAMQ	425 boul. de Maisonneuve Ouest, bureau 213 Montréal	514 873-9504	514 864-4321
	1687 Rue Fleury Est, Montréal, Qc H2C 1T1	514-383-1222	514-383-8773

This list was revised in June 2016



# RESOURCE PERSON(S)

## SURGEON

Name : \_\_\_\_\_ Phone No : (      ) \_\_\_\_\_

First follow-up appointment : \_\_\_\_\_

Questions to ask : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FAMILY DOCTOR

Name : \_\_\_\_\_ Phone No : (      ) \_\_\_\_\_

Appointment : \_\_\_\_\_

Questions to ask : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## HOSPITAL NURSE

Name : \_\_\_\_\_ Phone No : (      ) \_\_\_\_\_

Questions to ask : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CLSC PHYSIOTHERAPIST

Name : \_\_\_\_\_ Phone No : (      ) \_\_\_\_\_

Appointment : \_\_\_\_\_

Questions to ask : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





We hope you have a  
nice stay at St.Mary's.

**ST. MARY'S HOSPITAL CENTER**

3830 Lacombe Avenue, Montreal (Quebec) H3T 1M5

**Tel. : (514) 345-3511**

For more information, please visit our Web site

**[www.smhc.qc.ca](http://www.smhc.qc.ca)**

*Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Ouest-de-  
l'Île-de-Montréal*

**Québec** 