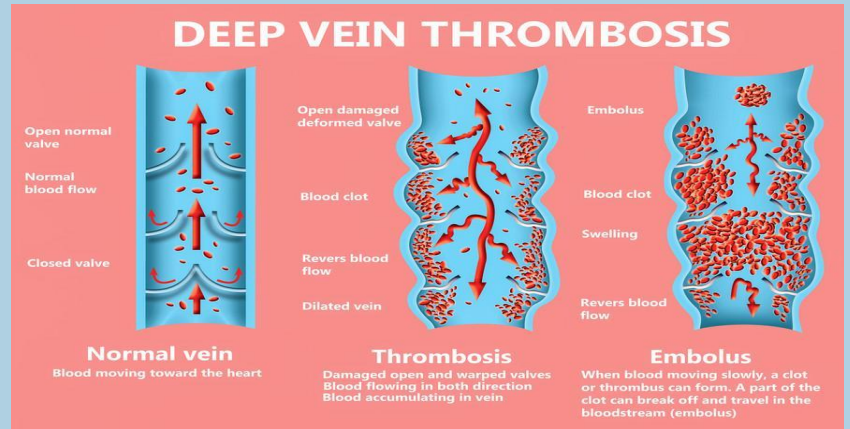




**THINGS TO WATCH FOR**

# BLOOD CLOTS



## RECOGNIZING A DVT



- Increased warmth
- New calf pain
- Noticeably swollen
- Reddened



Sequential  
Compression  
Devices



Compression  
Stockings



# PNEUMONIA PREVENTION

## Incentive Spirometer

- Support optimal recovery
- A respiratory therapist will come in on the day or night of surgery to teach you how to use this device
- Goal: **EVERY HOUR**
  - Use incentive spirometer 10 times
  - Cough x 3



These  
go home  
with you



INFLAMMATION PREVENTION

# Infection Prevention



## Antibiotics Before & After Surgery

Not usually at home unless your surgeon orders it.

- ▶ Protective Dressing  
Stays on until first post-op appointment

# SUMMARY



- ❑ Watch for signs of an infection around your surgical site
  - ❑ Monitor your temperature daily
  - ❑ Call a Joint Program Coordinator or the clinic if your temp gets above 101.3 degrees
- ❑ Avoid touching your incision site once the dressing is removed
- ❑ Do not submerge your surgical leg in water until 6 weeks after surgery
- ❑ Walk in moderation then rest with leg elevated and keep using cold therapy on surgical leg
- ❑ Use your incentive spirometer regularly until you are walking more frequently
- ❑ Walk or do your ankle pumps to help prevent a DVT