

**Total Joint Arthroplasty
Post-Op Instructions
Dr. Rodriguez**

- Be prepared to go home from the hospital **1-2 days after** your surgery.
- You will need somebody with you at home **day and night** for at least **2 weeks** after your surgery.
 - **Surgery CANNOT be done** if somebody is not available to stay with you at home.
- Home Health will be provided to you for the first 2-3 weeks for physical therapy and wound care (if needed).
- Your **Post-op** appointment will be **2 weeks** after your surgery.
Outpatient physical therapy will be started for you at that stage.
- You will have a clear bandage (**Prineo dressing**) over your incision.
Keep this covered with your showers for the **first week**.
After the first week, it is OK to get wet with your showers.
Do Not remove this bandage.
No tub baths or submerging in any water until we say it is OK.
- **After surgery**, you will be provided with a **venous compression device** and will be instructed to take the **325mg Aspirin twice/day**.
 - This is to help prevent a DVT (blood clot) in the leg.
 - The Aspirin will be taken for 3 weeks after surgery
- For **Total Knee Only** :
 - You will be provided with a **Continuous Passive Movement (CPM)** machine for **3 weeks** at home.
 - This machine needs to be done daily and for at **least 6-8 hours per day**, separating the hours into 2 or 3 hr intervals at a time.
 - You will increase the degrees of flexion to as much as you can tolerate per session every day.
- ☺ **Please call us at 408-7845 with any questions or concerns about your surgery at any time!**