

**ORTHOPAEDIC
MEDICAL GROUP
OF TAMPA BAY**



TOTAL JOINT REPLACEMENT GUIDE

HIP & KNEE REPLACEMENT

**ORTHOPAEDIC MEDICAL GROUP OF TAMPA BAY
WWW.OMGTB.COM**

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Welcome Message



Thank you for choosing OMG for your total joint replacement surgery. Our goal is to help you be fully prepared, understand your recovery, and have realistic expectations.

This guide provides essential information on what to expect, how to prepare, and tips for a faster, smoother recovery – **please use this as a resource throughout your healing journey.**

While our team provides expert care, **you are responsible for your own health.** This booklet answers the most common questions, helping you feel confident and informed without needing to call us for routine concerns.



Orthopaedic Medical Group
Fishhawk Complex



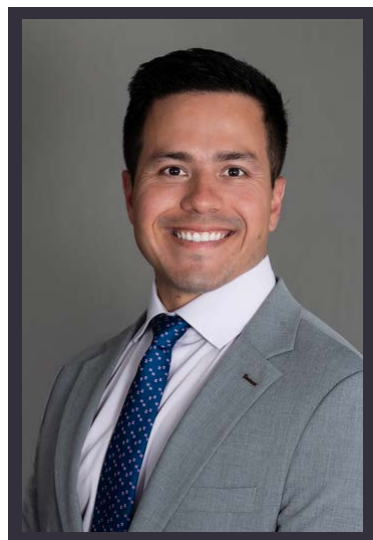
 **Dr. Scott Goldsmith**



 **Dr. William "Trey" Shield**



 **Dr. Germanuel Landfair**



 **Dr. Daniel Tarazona**



Throughout this booklet, you'll see the "STOP" signals. Please pay close attention to these—they highlight important information that can help you prepare for surgery and support a smooth recovery.



Meet Your Care Team



We have developed a team of healthcare professionals ready to help you before, during, and after your joint replacement surgery. This team includes your Surgeon, a Physician's Associate, a Nurse Practitioner, a Clinical Athletic Trainer, and your Surgical Coordinator. Each person is trained in Joint Replacement Surgery. By working together, we can give you better treatment and care.

Physician

Your Physician will be the primary decision maker throughout your care journey.

Physician's Associate & Nurse Practitioner

These highly trained medical professionals often see patients independently, while maintaining close communication with your surgeon to ensure seamless, high-quality care. In some cases, you may meet with a PA or Nurse Practitioner instead of the surgeon—rest assured, the level of expertise and attention you receive remains the same.

Athletic Trainer

Certified Athletic Trainers (ATCs) are an integral part of our care team, helping ensure that your experience is smooth, informed, and well-coordinated from start to finish. ATCs also help the doctor, PA, and surgery coordinator stay on the same page and keep your care running smoothly. After surgery, they may call to check on you and answer any questions.

Surgical Coordinators

Our surgical coordinators are key to making sure your procedure goes as smoothly as possible. Each coordinator plays a specific role in supporting your care:

- **Surgical scheduler:** Your main point of contact for setting up your procedure, confirming details with your physician and the surgical facility.
- **Testing coordinators:** Help gather all required pre-surgical test results and medical clearances, working closely with your care team to ensure you're ready for surgery.
- **Insurance authorization coordinators:** Work directly with your insurance provider to verify coverage and obtain any necessary authorizations.

Together, they help streamline communication, reduce stress, and make the surgical process easier for you from start to finish.



Surgical Facilities & Information

Preferred Facility

Orthopaedic Medical Group of Tampa Bay



**13837 Circa Crossing Dr
Lithia, FL 33547
Phone: 813-535-6647**

Our state-of-the-art surgical center in Lithia allows us to provide you with excellent care, as the staff who will be caring for you are handpicked by your surgeon. In this setting, we can control more aspects of your care to ensure you have a positive and safe experience.

Alternative Facilities

South Florida Baptist Hospital

3202 North Park Rd
Plant City, FL 33563
Phone: 813-757-1200



3

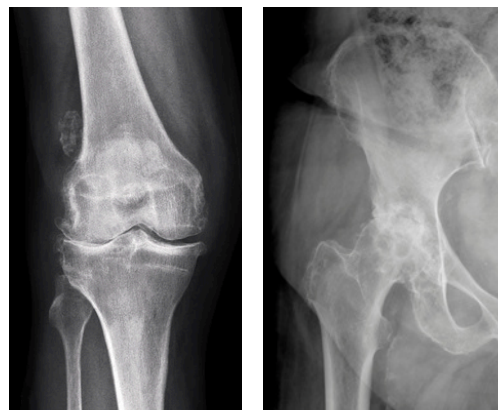
THE SURGICAL FACILITY WILL CALL YOU AFTER 3 PM THE DAY BEFORE SURGERY TO TELL YOU WHAT TIME TO ARRIVE. A LEGAL ADULT MUST BE AVAILABLE TO TAKE YOU HOME AFTER SURGERY AS WE CAN'T DISCHARGE YOU TO A RIDE SHARE SERVICE.



What Is Arthritis?

Osteoarthritis affects over 50 million people in the U.S and is characterized by the deterioration of cartilage in the hip or knee. This condition can stem from various factors such as genetics, inflammatory conditions, systemic disease, or a traumatic event.

Symptoms of osteoarthritis include joint pain, stiffness, swelling, and loss of range of motion. Risk factors include a family history of the condition, obesity, previous injuries or surgeries, and overuse.



Total Knee Replacement Surgery



Your knee joint is made up of your femur (thighbone), patella (kneecap), and tibia (shin bone). Knee replacement surgery involves making an incision along the front of your knee. Next, specialized cuts are made along the bones to remove arthritic disease and place new joint comprised of metal and plastic. In some cases, the kneecap is also resurfaced, and a button is inserted on the underside of the bone.

Restrictions after surgery are only based on pain levels. Increase activities as you tolerate them! Focus on knee range of motion.

Total Hip Replacement Surgery

Hip joints are “ball-and-socket” joints composed of the femoral head and the acetabulum. Total hip replacement surgery starts with an incision on the skin and dislocating the natural hip joint to remove the femoral head and any arthritic disease. A stem is implanted into the femur, topped with a ball. Next, the acetabulum is prepared, and an acetabular component, which includes a metal cup and plastic liner, is inserted. The hip is relocated, and the leg is moved through various motions to ensure the stability of the new joint. Finally, the incision is closed.



Restrictions after surgery are minimal. Avoid “forcing” your hip range of motion. Increase your walking and activities as tolerated.



YOU MUST WAIT 3 MONTHS AFTER SURGERY BEFORE GOING TO THE DENTIST OR BEFORE HAVING ANOTHER ELECTIVE SURGERY TO MINIMIZE RISK OF POST-SURGICAL INFECTION. YOU WILL REQUIRE ANTIBIOTICS PRIOR.



Risks of Surgery

<p>Infection</p>	<p>Infection is rare, however patients who smoke, and those with uncontrolled diabetes have an increase risk of infection. Symptoms of infection include: persistent fever over 101F, chills, wound drainage, increasing pain, redness, tenderness, or severe swelling. If you are concerned about having an infection, please contact our office immediately. Do not go to the ER.</p>
<p>Blood Clot</p>	<p>Blood clots can form after surgery, however preventative measures are taken to help you avoid this risk. You should take Aspirin (81mg) as prescribed (please consult your medical doctor prior to taking this medication). Symptoms of a blood clot include calf pain or redness, as well as an increase in swelling to the thigh, calf, or foot.</p>
<p>Nerve or Blood Vessel Damage</p>	<p>During surgery, damage to the surrounding structures is possible, but rare. It is common to have numbness surrounding your incision, which may be permanent.</p>
<p>Wound Healing or Scarring</p>	<p>Chronic diseases such as diabetes, or chronic nicotine use may increase risk of wound complications. We will discuss these risks with you prior to surgery to minimize this complication. There are also risks of permanent scarring.</p>
<p>Limited Range of Motion (Total Knee Replacement)</p>	<p>Your knee motion before surgery is correlated to your motion after surgery +/- 10 degrees. You should work hard throughout the recovery process to obtain full motion by performing your home exercises and working with a physical therapist.</p>
<p>Leg Length Discrepancy or Hip Dislocation</p>	<p>Specific to total hip replacements, there is a risk of leg length difference, or dislocation of the joint, although these are rare.</p>
<p>Fractures</p>	<p>Fractures during surgery are rare but can occur. If this happens, your weightbearing status after surgery may be temporarily altered to allow for fracture healing.</p>



IF YOU ARE EXPERIENCING ANY OF THE SYMPTOMS ABOVE, PLEASE CONTACT OUR OFFICE FIRST!



Reducing Your Risk of Surgery

Although the overall risk of joint replacement surgery is low, certain health issues—like **smoking, uncontrolled diabetes, obesity, narcotic use, or alcohol dependence**—can increase your risk of **complications**. To keep you safe, you may be asked to work with your primary care physician to manage these conditions before surgery. Some insurance companies also require these steps before approving the procedure. We know this can be challenging, but managing these risks is important to help you have the best possible outcome.

Tips to Reduce Your Risk



Weight Loss

If applicable- work on weight loss to decrease risk of needing additional surgery.



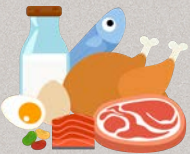
Diabetic Control

Work on controlling blood sugars and aim to have an A1C below 7.5 to reduce risk of infection. Talk to your primary care physician about ways to lower your A1C.



Stop use of Nicotine Products

Stop use of nicotine products such as cigarettes or e-cigarettes. Nicotine will increase risk of wound complications & infection.



Focus on High Protein Foods

A protein-rich diet can significantly lower the risk of infection. Concentrate on incorporating foods like chicken, fish, eggs, and protein shakes into your meals.



Decrease Narcotic Pain Medication Use

Using narcotics for a long time can make it more likely that you'll still feel pain after surgery. Try to use these medicines as little as you can before surgery.



Anesthesia

On the day of your surgery, you will meet your anesthesia team who will keep you comfortable throughout your procedure. Prior to surgery they will review your entire medical history, and preoperative testing in order to keep you safe.



Preferred Anesthesia Choice

Spinal anesthesia is a common and safe method used to keep you comfortable during total hip or knee replacement surgery. It involves a small injection in your lower back that numbs your body from the waist down, so you won't feel pain during the procedure. You will go to sleep lightly with the help of IV sedation. Spinal anesthesia often leads to fewer side effects, like nausea or grogginess, and can help reduce the risk of complications after surgery. It also allows for a smoother and quicker recovery in many patients.

Implantable Devices & CPAP Machines

- If you have a remote operated implantable device such as a Pace Maker or Bladder Stimulator, please bring the remote with you on the day of surgery!
- You may be asked to bring your CPAP machine with you on the day of surgery.

Frequently Asked Questions

1. How is spinal anesthesia different from general anesthesia?

a. With spinal anesthesia, only the lower part of your body is numb—you breathe on your own, and recovery is typically quicker with fewer side effects like grogginess or nausea. General anesthesia puts you fully asleep and requires a breathing tube.

2. Will I be asleep during my surgery with spinal anesthesia?

a. Yes! Patients undergoing spinal anesthesia will receive light sedation which will keep you asleep and comfortable during your procedure.

3. Is the injection painful?

a. You may feel a pinch or pressure in your lower back which is usually not painful. The procedure takes just a few minutes, and your anesthesia team will guide you through it.

4. How long will my legs be numb?

a. The numbness usually lasts 2–4 hours after the injection. Your anesthesia team carefully times this so it wears off after surgery but while your post-op pain medication has already started working.

5. How long will my surgery take?

a. Most hip and knee replacement surgeries take 1 hour or less to perform.



Pre-Surgery Checklist

Begin Immediately

- Make an appointment with your primary care doctor** to begin working on risk factors to decrease your risk of postoperative complications.
- Schedule all pre-surgical testing** as soon as possible as it will take several weeks to complete. All test results are due to our office 2 weeks before your surgical date. Your surgery will be postponed if testing is not received.
- Attend your Total Joint Replacement Class and Preoperative Appointments**

2 Weeks Before Surgery

- Complete any final payments related to your surgery**
Physician Fee: 813-684-2663 x 506
OMG Surgery Center: 813-535-6647 Option 3
South Florida Baptist Patients: Contact 813-852-3116 option 2
- Prepare your home** by removing any fall hazards, having a plan for your pets, and ensuring you have all essentials you need for a smooth recovery.
- Obtain a 2-wheeled walker** and bring it with you on the day of your procedure.
- Schedule your first physical therapy appointment.** Be sure to coordinate this before your surgery date to make sure there are no delays in care.
- STOP the following medications:**
 - 7-10 Days Prior STOP NSAIDs: Meloxicam, Celebrex, Naproxen, Ibuprofen, or Aleve
 - 7-10 Days Prior STOP Supplements: Fish Oil, Vitamins, etc.
 - 7 Days Prior STOP Diet Pills/Injections: Ozempic, Wegovy, Mounjaro, etc.
 - 7 Days Prior STOP Medical Marijuana
 - Blood Thinners STOP as directed by your medical doctor
 - Aspirin (7 days before surgery)
 - Coumadin/Plavix: Warfarin, Clopidogrel (5 days before surgery)
 - Xarelto/Eliquis: (3 days before surgery)



THE SURGICAL FACILITY WILL CONTACT YOU TO DISCUSS YOUR MEDICAL HISTORY, AND MEDICATION LIST. THEY WILL TELL YOU IF YOU NEED TO STOP TAKING ANY OF YOUR OTHER MEDICATIONS PRIOR TO SURGERY



1 Day Before Surgery

- Answer any calls from the surgical facility to discuss time of arrival.**
- Clean all sheets, clothing, or towels that you will use after surgery.**
- Make sure you have someone to drive you home from surgery!** We are not able to discharge you to a ride share service, or anyone under the age of 18.



Surgical Fees

Depending on your insurance benefits, there may be up to three **separate** out-of-pocket costs for your surgery. Your physician's office *and* the surgical facility will contact you 2–4 weeks before your procedure to review these fees. **If you'd like this information sooner, please call our office using the numbers listed below.**

1) Physician Fee

- This includes your out-of-pocket costs for the *physician's services*. It is collected by our office:
 - **Questions?** Contact 813-684-2663 x 506

2) Facility Fee

- This includes your out-of-pocket costs for the *facility's services* such as OMGSC, or SFBH.
 - **OMGSC Patients:** Contact 813-535-6647 option 3
 - **South Florida Baptist Patients:** Contact 813-852-3116 option 2

3) Anesthesia Fee

- This includes your out-of-pocket costs for the *anesthesia* which is billed after your procedure.

Financing Options

We are unable to offer payment plans for out-of-pocket (OOP) fees. We have partnered with CareCredit to offer flexible financing options for any fees incurred.

You can apply online, or call to discuss your options:

- **(800) 677-0718** (Monday–Friday 9am–9pm)
- **www.carecredit.com** or scan the QR code below



ALL OUT-OF-POCKET FEES ARE DUE 72 HOURS PRIOR TO SURGERY



What To Expect: Day of Surgery

Arrival

Arrive on time or a little early if you can. Wear loose, comfortable clothing and leave valuables at home.

Check-In

You'll check in at the front desk and complete any remaining paperwork. Our staff will guide you through every step.

- **OMG Surgery Center** patients will receive a text message prior to surgery and must complete paperwork ahead of time. Questions? Call 813-535-6647 ext. 217

Pre-Op Preparation

A team of nurses will help you get ready by starting an IV line and taking your vital signs. You'll then meet your anesthesiology team and surgeon, who will review your procedure and discuss your anesthesia plan.

Surgery

Your joint replacement typically takes about one hour or less. Our experienced surgical team will keep you comfortable and well cared for throughout.

Recovery & Physical Therapy

In the recovery area, nurses will monitor you closely as the anesthesia wears off.

Roughly 1 hour after surgery, your athletic trainer or physical therapist will teach you the exercises you will perform at home to regain muscle strength and range of motion. You'll also practice walking and using stairs that same day. Our goal is to help you safely regain movement, reduce pain, and return home confidently.

After Surgery

Patients having surgery at our surgical center will go home the same day. If your procedure is performed at a hospital, you may stay overnight if medically necessary. However, most hospital patients also go home on the same day. Patients who need to stay typically do not require more than one night at the hospital. Once you have returned home:

- Return to your normal diet, focusing on adding more protein to support healing.
- Resume all your regular medications as prescribed.
- Do your home exercises 2-3 times per day.
- Ice the surgical area at least 4 times per day to reduce swelling and discomfort.
- Take your pain medications only as needed.



Physical Therapy After Surgery

Physical therapy and home exercises after surgery are critical to recovery. A delay in starting exercises may cause increased pain, permanent joint stiffness, and continued swelling of the joint. It is ultimately your responsibility for completing exercises every day. Your willingness to do this will have the greatest impact on your recovery. There are two types of physical therapy you may receive throughout your recovery:

HOME PHYSICAL THERAPY

NOTE: Home therapy is often used after knee replacement but isn't essential, and it's typically not needed for hip replacements.

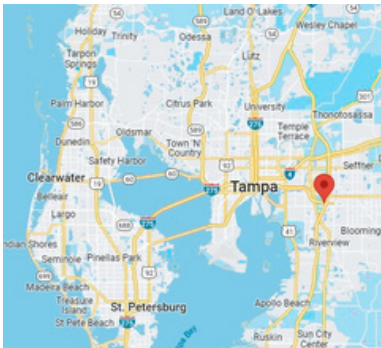
- Coordinated by our office!
- Your home therapy company will contact you prior to their arrival.
- Their first visit to you will be 1-3 days after surgery.

OUTPATIENT PHYSICAL THERAPY

- Coordinated by **YOU!**
- To start 2 weeks after surgery
- Referrals to physical therapy (PT) will be provided during your preoperative appointment.
- It is highly encouraged for you to attend one of our PT locations.

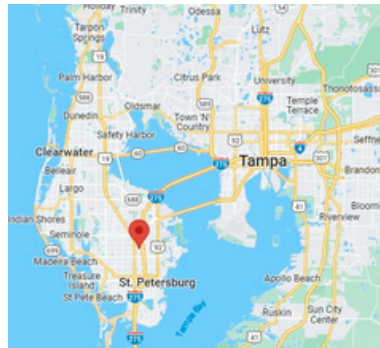
If you have **Oscar, Ambetter, or Medicaid**, you will not receive home therapy as it is not covered by your insurance plan. Home therapy is not essential for hip replacement patients

- We encourage you to begin **outpatient physical therapy** no later than 1 week after surgery.



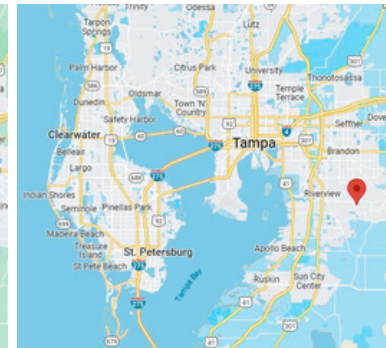
HEALTHPLEX

10740 PALM RIVER RD STE
310 TAMPA, FL
813-359-1891



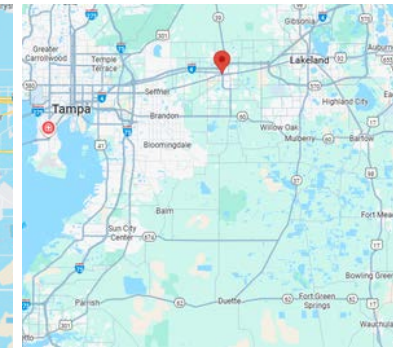
ST. PETE

2805 54TH AVE N
ST. PETERSBURG, FL
727-306-0459



FISHHAWK

13837 CIRCA CROSSING
DR LITHIA, FL
813-536-7622



PLANT CITY

420 N PLANT AVE
PLANT CITY, FL 33563

COMING SOON



Post Surgery Expectations

Pain Expectations

It's important to understand that moderate to severe pain is a normal part of the recovery process during the first few weeks after surgery. This **discomfort is expected and cannot be completely eliminated—even with pain medications**. Tools like home exercises, ice therapy, and leg elevation can help manage your symptoms, but they will not take the pain away entirely.

Sleep can also be challenging during recovery. Many patients find it hard to get comfortable at night. To improve your sleep, try to stay active during the day, avoid long naps, and stick to your regular daily routine as much as possible.



Normal Symptoms

- Moderate–Severe Pain
- Bruising along the entire leg
- Swelling
- Difficulties walking/sleeping
- Audible but painless popping/clicking

Abnormal Symptoms

- Persistent fever or chills
- Persistent drainage
- Extreme calf pain
- Inability to bear any weight on the leg



IF YOU ARE EXPERIENCING ANY OF THE ABNORMAL SYMPTOMS ABOVE, PLEASE CONTACT OUR OFFICE AT 813-684-2663



My Goals For The First Two Weeks

1. **Increase your activities** slowly and as you tolerate them.
2. **Complete your home exercises 2–3x daily**. These exercises are designed to help with your pain, and improve mobility.
3. **Begin outpatient physical therapy** as previously outlined in this booklet.
4. **Decrease narcotic pain medication use** as tolerated.



COMPLETE RECOVERY TAKES 6–12 MONTHS. PAIN AND SWELLING DURING THIS PERIOD IS EXPECTED ESPECIALLY AS YOU RETURN TO NEW OR DIFFERENT ACTIVITIES.



Pain Management

Pain Medication Management

You should expect moderate-severe pain, swelling, bruising, and difficulties walking & sleeping for the first few weeks after surgery.

Medication prescribed day of surgery:



- Oxycodone 5mg (Take when you begin having pain)
- Celebrex 200mg
- Tylenol 1000mg
- Omeprazole 20mg
- Ondansetron 4mg (Nausea)
- Aspirin/Eliquis



Medication alone will **NOT** resolve all of your pain. The best way to manage pain is to:



1. Use an ice machine & TENS unit
2. Perform home exercises 2-3x a day
3. Elevate your leg

Ice Machines



The ManaMed Cold Compression Pro Wrap delivers powerful cold therapy and adjustable compression—without the bulk, the mess, or constant trips to the freezer. Perfect for managing pain and swelling after surgery, injury, or daily activity.



SCAN THE QR CODE FOR MORE INFORMATION AND A QUICK GUIDE ON HOW TO USE YOUR DEVICE

TENS Unit



A TENS unit is a small device that sends gentle electrical signals through the skin to help block pain messages from reaching your brain. It can also help your body release natural chemicals that make you feel better, which can ease pain after surgery.



Pain Management

Home Exercises

Home exercises are a critical part of your recovery and pain management. You should perform the exercises below 2–3 times a day to strengthen your muscles and improve range of motion. **It's normal for these exercises to feel difficult or uncomfortable at first.** Keep practicing — the more you do, the easier they will become and the faster you will regain your strength and mobility. **Consistency is key to a successful recovery.**

Walking is a vital part of your recovery, as it helps restore strength and mobility. Gradually increase the distance and duration of your walks as tolerated.

#1 Ankle Pumps



Perform: 3 sets of 10

Point and flex your toes to bend your ankles. This exercise helps to prevent blood clots after surgery.

#2 Knee Extension



Perform: 3 sets of 10

Sitting in a chair with your legs bent, extend one leg straight and hold for 3 seconds. Then, bend the knee to rest.

#3 Straight Leg Raises (TOTAL KNEE REPLACEMENTS ONLY)



Perform: 3 sets of 10

Laying down on a bed, lift the leg straight into the air. Lower down slowly, with control.

#4 Heel Slides (TOTAL KNEE REPLACEMENTS ONLY)



Perform: 3 sets of 10

Laying down on a bed, use a strap to wrap around your ankle. With your arms, pull your knee slowly into a bend position. Then, relax the leg straight.

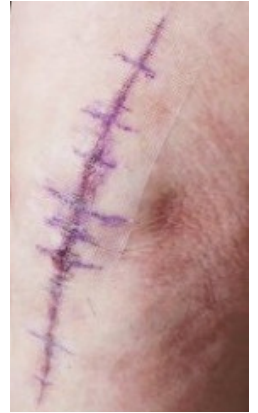


Wound Care Instructions

In most cases your incision will be closed with dissolvable sutures and a white or clear mesh tape as shown. In cases where the patient has poor skin quality due to diabetes, chronic smoking, or vascular disease, sutures or staples may be used. Please follow the instructions below for your wound closure type:



Sylke Dressing



Prineo Dressing

Instructions for Sylke OR Prineo Wound Closure System:

1. 24 hours after surgery remove the outer dressing.
2. **DO NOT** remove the white or clear mesh tape!
3. You may now shower normally. **DO NOT** soak the incision under water.
4. **DO NOT** apply lotions, creams, alcohols, peroxide, or any wound cleaning agent to the incision.
5. You do not need to cover the incision once outer dressings are removed.

Instructions for Sutures or Staples:

1. Keep all outer dressings in place.
2. Keep the incision clean and dry. If the bandages become wet, you will need to change them immediately, and contact our office.
3. **DO NOT** apply lotions, creams, alcohols, peroxide, or any wound cleaning agent to the incision.



Returning To Activities After Surgery

Full recovery from joint replacement surgery can last 6-12 months. **During this time, intermittent pain, swelling, or stiffness is normal.** These symptoms will improve over time and as you push yourself to return to activities.

When am I able to Drive?



Once you have stopped taking narcotic pain medications and feel comfortable operating a vehicle you may return to driving. For most patients, this occurs between 2-4 weeks after surgery.

When am I able to Swim?



Once your incision has fully healed you may return to swimming. This usually will occur between 6-8 weeks after surgery.

When am I able to Return to Work or Sports?



If you have a seated job, you may return as soon as you would like, usually within the first two weeks.

If you have a more active job, or if you are wishing to return to sports activities, most patients begin a gradual return to these activities around 2-3 months.

Full Recovery

Full recovery can take 6-12 months. You should expect a return in stiffness, swelling, or soreness especially as you return to new, or more strenuous activities.



Who to Contact for Help After Surgery

In order to receive the best care possible for your specific concern, please use the guide below to understand who to contact for help after surgery:



Orthopaedic Medical Group
813-684-2663

- Concerns regarding pain, or your incision.
- Questions on activities or physical therapy.
- New Injuries to the surgical area.



Primary Care Doctor

- Constipation
- Dizziness or Nausea
- Abnormal blood pressure
- Questions regarding your daily medications.



Emergency Room

- Shortness of breath or chest pains.
- Any other life-threatening event.

How To Contact Us!

1. To get in touch with your care team efficiently, avoid calling your surgical coordinator after your surgery and call our main line at **813-684-2663** instead.
2. **Download the Healow app** to send messages to your care team (preferred method)
 - You can also check appointments, view your medical records, and complete all paperwork from the app!

1

Download the healow™ app from App Store (iPhone) or Google Play (Android Phone).

2

Search our practice by entering practice code

Practice Code
CGCJBD

3

Enter your portal username and password to login.

4

Set up your PIN to securely access your health records.



Frequently Asked Questions

Can Arthritis Come Back After Surgery?

No, once your knee or hip has been replaced, the arthritis will never come back in that joint.

Is It Normal To Have Swelling or Bruising After Surgery?

Yes! Swelling and bruising should be expected after surgery and can be severe in some cases. An example of normal bruising is shown in the picture to the right. Bruising and swelling will improve with ice, home exercises, and leg elevation.



Is It Normal For My Hip or Knee To Be Warm After Surgery?

It is normal to experience warmth in the area for up to one year while your skin and soft tissues heal. However, if you also have skin redness, fevers/chills, or incision drainage, please contact the office right away.

Why Do I Need To Use Ice After Surgery? How Often Should I Ice? Can I Use Heat?

To reduce swelling or bruising to the skin, use ice instead of heat. You should ice at minimum 4 times daily. Avoid using heat until at least 2 weeks after the procedure as it may increase swelling and pain.

How Long Will I Need Physical Therapy After Surgery?

Recovering from total knee replacements involves 2-3 months of physical therapy, while total hip replacements may only require 2-8 weeks.

Do I Need To Bring My CPAP Machine With Me To Surgery?

Yes, in many cases you will need to bring this machine with you to surgery. Your surgical facility will provide you with additional information.

What Medications Should I Stop Before Surgery?

The surgical facility will contact you a few days prior to your surgery to discuss all medications. They will advise if you should stop taking any of your usual medications.

What Time Will My Surgery Be At?

The surgical facility will contact you 24 hours prior to surgery to let you know what time to arrive at the facility. Please arrive on time or early if possible.

Am I Able To Have Injections Before Surgery? Will I Need Injections After Surgery?

You should not have any injections in the operative hip or knee for at least 3 months prior to surgery. Injections increase your risk of infection after surgery. You may receive injections to other body parts if needed. DO NOT accept any injections into the operative hip or knee after surgery unless performed by your surgeon.



Frequently Asked Questions

What Type of Metal Is In My Knee or Hip Replacement? Am I Able To Go Through A Metal Detector?

Knee replacements use titanium alloys and high-grade plastics, while hip replacements use titanium alloys and ceramic. Passing through a metal detector may set off an alarm due to the metal used in the replacement. However, TSA and other security agencies are familiar with joint replacements and their metal content.

How soon can I bend my knee?

You should begin range of motion on the day of surgery and continue working on increasing your range of motion every day. You should expect some discomfort with this activity.

Will I need help at home?

Most patients do not need daily help at home. You should aim to be as independent as possible, though occasional assistance from family or friends may be needed for certain tasks.

What if I have constipation from pain medications?

Constipation is common with pain medications. Drink plenty of fluids, eat fiber-rich foods, and consider over-the-counter stool softeners. If symptoms continue, contact your primary care doctor.

How long will my new joint last?

Most hip and knee replacements last 15–20 years or more, depending on activity level and overall health.

Can I participate in sports or exercise again?

We encourage you to return to all activities as tolerated. Low-impact activities like walking, swimming, or cycling are preferred over higher-impact sports.

Interested In Learning More?

Visit our total joint replacement portal online by scanning the QR code with your smartphone camera, or by visiting us at:

<https://www.omgtb.com/joint-replacement-portal/>

