

# Post-Operative Instructions for Same Day Total Hip or Knee Replacement Surgery (Prineo Dermabond Dressing)

To contact your Surgeon's office call **(613) 549-6666**

- Dr. Campbell      **ext. 6802**
- Dr. Diaz Dilernia **ext. 3670**
- Dr. Mann            **ext. 4899**
- Dr. Wood            **ext. 4899**

You will receive a prescription for medication (Follow the dosing instructions on your medication bottles):

## **Pain Medication** (check and fill out all that apply)

- Acetaminophen (Tylenol)** next dose due at \_\_\_\_\_
- Celecoxib (Celebrex)** next dose due at \_\_\_\_\_
- Pregabalin (Lyrica)** next dose due at \_\_\_\_\_
- Morphine** next dose due at \_\_\_\_\_
- Hydromorphone (Dilaudid)** next dose due at \_\_\_\_\_
- Other:** \_\_\_\_\_ next dose due at \_\_\_\_\_

## **Blood Clot Prevention** (check and fill out all that apply)

- ASA (Enteric coated acetylsalicylic acid)** start on Date: \_\_\_\_\_
- Dalteparin** start on Date: \_\_\_\_\_
- Other:** \_\_\_\_\_ start on Date: \_\_\_\_\_
- Compression stocking** wear until you see the Surgeon in 6 weeks

## **Antibiotic (if ordered)** (check and fill out all that apply)

- \_\_\_\_\_ next dose due at \_\_\_\_\_

## Post-Operatively

- You can eat your normal food as you feel able
- You can put full weight on your operated leg
- Follow the physiotherapist's instructions for mobility and/or precautions (if applicable)
- You will receive a business card telling you who to contact if you are having concerns or issues on your first night at home
- If you have the SeamlessMD app complete the daily health check survey

## Dressing Care (Prineo Dermabond Dressing)

- Your dressing looks like a snakeskin, it is glued to your skin over your incision.
- There are dissolvable sutures underneath the dressing.
- Don't rub, scratch, or apply any creams, lotions, or soaps to the incision.
- If there is drainage from your wound you may apply a dry bandage dressing over top. If drainage persists for multiple days contact your surgeon's office.
- You can shower with the dressing in 3 days. Pat dry after, do not rub the incision.
- Your dressing is designed to naturally fall off in 12-14 days. If it has not fallen off in 14 days, you may remove it by gently peeling from one end of the wound.
- If you need to remove the dressing, slowly peel away from the skin in line with the incision using your other hand to stabilize the skin as the mesh is peeled off.

## Call your Surgeon's office if:

- The edges around your incision open up
- The areas around your incision is red and hot to the touch
- The drainage has a bad smell, and/or is green or yellow
- You have chills or a fever (38°C or 101°F)
- You have increased pain and/or swelling of your incision and the area around it

**If prescribed antibiotics by another physician, please call your Surgeon before starting them**

## Appointments

- A nurse will call you the day after your surgery and see how you are doing
- You will see your Surgeon during your follow up appointment in the orthopedic clinic at the **Hotel Dieu Hospital on Johnson 7** in \_\_\_\_\_ weeks.

***Please refer to your Total Hip or Knee Replacement Surgery booklet for additional information (At Home section)***