

# Post-operative advice for Dr Vardi's patients following joint replacement surgery

## Length of stay

For a total knee replacement the length of hospital stay is usually between 3 and 9 days. For a unicompartmental knee replacement, between 3 and 7 days.

This depends on a number of factors such as mobility, home circumstances, individual response to surgery etc.

From a medical/rehab point of view, I would like you to be mobilizing well with support, able to climb stairs, with a range of movement as close to 0-90 degree as possible, and with a wound that is healing nicely. The wound should be dry and pain should be well controlled.

Ultimately the decision regarding the discharge will be made by me, the nursing staff and the physiotherapist in the ward.

## Discharge medications

1. Pain killers – you will be given painkillers but you may need more. I can be contacted any time. The painkillers you will be provided with will be quite strong and you may be able to move on to ordinary paracetamol within a week or two from your discharge.

**Be careful that you don't become constipated – the painkillers contain Codeine, which can cause constipation.**



2. Blood thinning tablets (Xeralto) : these are given to you daily from the first day post-discharge, and carried on for 2 weeks. (Unless there are issues with bloodthinning, with regards to previous medication etc). This will be discussed with you pre-operatively

You will have had blood thinning injections (Clexane) in the ward, every morning, at 08h00.

3. Your usual medications – these can continue as per normal unless changes have been made to them during your stay in hospital.
4. Any others that may have been added, specific to your case.

## Dressings

**On the operated leg:** You will have a white TED stocking – this helps to prevent DVT and reduces swelling by compressing the leg. This should be kept on until you see me again for the first follow-up appointment at about 1- 2 weeks.

You can pull it down for washing. You can also use elastic bands and glad wrap/plastic bags, to keep the wound watertight.

Your wound will be assessed and suggestions will be made regarding the stocking.

Pressure dressings may have been applied, to stop bleeding – we usually use rolled up crepe bandages, to create a “sausage” of pressure on the area.

You will also have a white sticky dressing covering the wound. It will be removed at your follow-up appointment.

**On the non-operated leg:** A TED stocking. You may have been told that you can remove this, prior to discharge.

Both stockings can be removed for bathing and showering (as above), but otherwise you should wear them day and night until you see me.

Dressings/wound should not be submerged in water until you see me.

**I hope this information is helpful. If you have any comments or feedback please do not hesitate to discuss them with me at your follow-up visit.**

Handwritten signature of Dr. G. Vardi

Dr G. VARDI FCS.SA.ORTH  
Orthopaedic Surgeon



You're in safe hands

