



Orthopaedics & Sports Medicine, P.C.

Spine & Trauma Institute | Hand & Trauma Institute | Advanced Center for Excellence in Spine Surgery

www.acespremortho.com

201-833-9500

· Spinal Surgery
· American Board of Orthopedic Surgeons

· Sports Medicine
· Adult Reconstructive Surgery

Post-Op Instructions

Hip & Knee Surgery

1. Immediately After Surgery:

- **Recovery Room:** You will be moved into a recovery room. There, you will be monitored until you are stable.

2. First 24-48 Hours:

- **Rest:** Keep the operated leg elevated to reduce swelling.
- **Ice:** Apply ice packs to the surgical area for 20 minutes at a time to help with pain and swelling.
- **Wound Care:** Keep the surgical site clean and dry. Follow your doctor's instructions for bandage changes.
- **Pain Medications:** It's crucial to adhere to the dosing instructions for any pain medication provided. This will help maintain your comfort and support your recovery process.
 - We **DO NOT** provide Refills of opioid medications.

3. Week 1 - 2:

- **Activity:** Use assistive devices (crutches, walker) as instructed. Avoid heavy lifting and strenuous activities.
- **Follow-Up Appointment:** Attend your scheduled follow-up visit with your surgeon.

4. Long-Term Care:

- **Physical Therapy:** Participate in physical therapy if prescribed.
- **Signs of Infection:** Watch for signs of infection (redness, swelling, warmth, drainage, fever) and contact your doctor if they occur.