



# GOING HOME AFTER YOUR SURGERY

Getting you home and back at your best after your joint replacement.

Hurstville  
Private Hospital



## General Information

- You will remain in hospital for a few days after your joint replacement. During this time, you will be seen regularly by a physiotherapist to commence your recovery immediately. Starting your rehabilitation journey shortly after a joint replacement is an important step in your return to function.
- Continue to wear your dressing until your review with your doctor, GP or hospital outpatient clinic.
- Eating a healthy diet high in protein and low salt is recommended to help your body heal, reduce your risk of complications, and enable you to recover.
- Driving: You will not be able to drive for up to 6 weeks after your surgery, it is important to speak with your doctor when it is safe for you to drive.

## Length of Stay

Single Joint Replacement expected hospital stay 2-3 nights

Bilateral Joint Replacement expected hospital stay 2-5 nights

## Follow Up Information

- Your surgeon will contact you within the first 7-10 days following discharge from hospital.
- Expect to see your surgeon/doctor in their clinic in 6 weeks.
- Please ensure you arrange your appointment with your surgeon or hospital outpatient clinic, and physiotherapist to ensure you have the best recovery outcomes after your surgery.

## Seek medical attention/advice if you have any of the following symptoms:

- Fever, redness, or bleeding/excessive oozing from any wounds
- Increasing pain levels not relieved with pain medications
- Dizziness or light-headedness that does not go away on rest
- Extreme shortness of breath



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Important information for when to go home and what to expect

## Medications

- Your medications may have changed while you were in hospital. Nursing staff or the Pharmacist will go through them with you.
- If you are prescribed warfarin, please ensure you are aware of your dosing requirements and subsequent blood tests.
- A medication profile will be given to you on discharge and a copy will be sent to both your cardiologist and GP.

## Wound Care

- Keep your dressing clean, dry and intact until review at 2 weeks. You may shower with a waterproof dressing.
- Do not soak in the bath or swimming pools for a minimum of 6 weeks or as advised by your surgeon
- Your sutures are usually removed 2 weeks after surgery
- Some swelling and redness is normal – if you notice an increase in redness, swelling, tenderness or ooze develops, please contact your local doctor. It is normal for the skin to feel slightly numb.

## Pain Management

The amount of pain experienced after surgery will vary from person to person but expect to experience some discomfort. We advise you to follow the instructions from your doctor relating to your pain medications. It is important to contact your surgeon if you have concerns about your pain when at home.

## Rehabilitation Program

After discharge home we strongly recommend you attend an Outpatient Rehabilitation Program with your local outpatient or community rehabilitation clinic. The aim of rehabilitation programs is to help you resume your normal activities, regain your confidence, improve your fitness and assist you getting back to your best after your surgery. This will also encourage you to get back into the community and will assist in a quicker recovery.

## Preferred Outpatient Rehab Providers

Healthstin: 1300 090 931 | Bexley | Sans Souci | Hurstville | Wollongong  
Vitalis Health & Home Care: 1300 848 254  
Physio Inq: 1300 731 733