

Hip/ Knee Replacement Post-operative Joint Care

Post-operative Joint Care (Early Phase)

Keep wound dressing dry and intact.



Avoid dressing change or wound inspection by self.



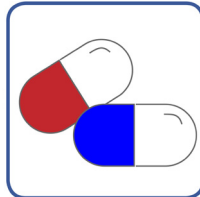
Do not apply cream or ointment over the wound area.

Protect wound dressing from moisture using plastic wrap during shower.



Consult arthroplasty nurse promptly in case of excessive wound oozing, pus discharge, or intense pain/redness/swelling to ensure timely management.

Take oral analgesics as prescribed.



Perform muscle strengthening and range of motion exercises as instructed by physiotherapist.

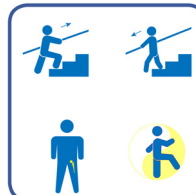
Elevate your affected limb and frequently perform ankle pump exercise to help reduce joint/limb swelling. Ice therapy is recommended to improve pain & swelling. (For 15-20 minutes each, every 2-3 hours a day.)



D2 Arthroplasty nurse clinic:
Location: Consultation Room 2, 2/F, Block D, AHNH
Opening hours: Mon to Fri, 9am to 5pm

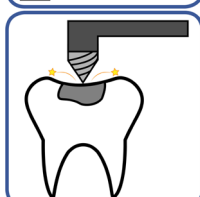
Joint Care (Maintenance Phase)

Ensure good personal hygiene and wash your hands frequently.



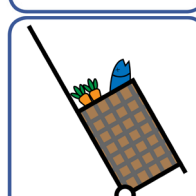
Exercise regularly according to physiotherapist's advice.

Inform health professionals about history of surgery on consultation. Prophylactic oral antibiotic is recommended before dental or invasive procedures.



Seek medical help if feeling unwell to rule out infection.

Consider using a stick in crowded places. Hold the handrail firmly while climbing stairs and taking transportation.



Have a balanced diet and exercise regularly to maintain ideal body weight.

In case of intense pain, swelling, warmth and erythema over replaced joint, please go to the Department of Accident and Emergency or consult arthroplasty nurse for assessment.



Avoid heavy lifting. Use a stroller for bulky shopping.

Avoid vigorous exercises.
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Dept. of Orthopaedics & Traumatology
and
Physiotherapy Department