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Total Joint Replacement Postoperative Protocol

3 Weeks Post Op

1. Discontinue TED hose.
2. Discontinue Coumadin.
3. Start 81 mg (baby aspirin) every day x 3 weeks.
4. May take shower or baths.
5. Discontinue home health.
6. Start outpatient therapy.
7. May start taking all medicines previously taken, unless already doing so (multivitamin, etc.)
8. Attempt to wean off all narcotics within the next 3 weeks.
9. May start driving at 6 weeks if not taking narcotics (patient should use discretion if on pain medication or slow reaction time).
10. If seeing your dentist, always remember to remind your dentist that you have an artificial joint and you need to take antibiotics before and after treatment.

For Total Knees:

1. Discontinue CPM Machine.
2. Remember to continue working on range of motion in and out of physical therapy.

For Total Hips:

1. Always remember your hip precautions.
2. May start full weightbearing unless instructed by doctor.
3. Use pillows between knees for 3 months while in bed.
4. Use commode extension for 3 months.
5. Never cross knees. It is okay to cross ankles at 3 months.