

Home Care after Total Joint Replacement

Follow these guidelines for care as your new joint heals over the next 6 to 8 weeks. Do not try to overdo or push yourself beyond the limits of pain.

Home Care

- You will leave the hospital 1 to 3 days after surgery. Home care instructions will be reviewed with you. You will need a follow-up appointment. You will either be given a date or a telephone number to call for an appointment.
- Your medicines may change after surgery. You will be given prescriptions for new medicines and instructed on which medicines to continue after your surgery.
- Use your walker or cane as instructed.
- You will need help when you go home. If needed, your health care team will help you make arrangements for home care, equipment, physical therapy or an extended care facility.

Call your doctor **right away** if you have:

- Increased redness, swelling or drainage at the incision
- A fever over 101 degrees F or 38 degrees C
- Edges of the wound that start to separate
- Pain, tingling, numbness or coldness of the leg
- Your leg turns pale or blue in color

全关节置换术后患者的家庭护理

全关节置换手术后，新关节需要6至8周时间才能痊愈，在此期间须遵守下列护理原则。切勿勉强自己或强忍疼痛。

家庭护理

- 您会在手术后1至3天出院。医院会向您说明家庭护理的注意事项。手术后须预约复诊一次。医院会提供复诊日期或复诊预约电话号码。
- 手术后，服用的药物可能会有变化。医院方面会开新药物的处方，并说明手术后继续服用哪些药物。
- 遵医嘱使用助行器或拐杖。
- 出院回家时需要有人从旁协助。必要时，医护人员会协助您安排家庭护理、设备、物理治疗或长期护理机构。

如有以下情况，请立即找医生：

- 手术切口发红、肿胀程度或渗出液体增加
- 发烧超过华氏101度（摄氏38度）
- 手术刀口裂开
- 腿部疼痛、搔痒、麻木或发寒
- 腿部发白或发青

Care of Your Incision

- Your incision may be closed with staples, stitches or special tapes called steri-strips.
- Gently wash your incision with soap and water and pat dry with a clean towel. Do not apply lotion or powders near your incision.
- You can take a shower 2 days after your surgery. Do not let the shower water spray directly onto the incision during the first two weeks. Do not take a tub bath for two weeks after your surgery.
- Staples or stitches will be taken out at your follow up visit. Steri-strips will begin to fall off in 7 to 10 days. If they have not fallen off after 2 weeks, you can gently pull them off.

Swelling

- Swelling in the foot, ankle, knee and thigh are common after total joint replacement.
- To prevent swelling, recline or lie down with your feet higher than the level of your heart for 45 to 60 minutes. Do this 2 times each day.
- If the swelling does not decrease after sleeping all night and keeping your feet higher than the level of your heart during the day, **call your doctor.**
- Your doctor may want you to wear elastic stockings to reduce swelling. If so, wear the stockings during the day and remove them at night. Wash the stockings with soap and water and hang them to dry. Have someone help you put the stockings on and gently pull them off.

手术刀口的护理

- 您的刀口可能是由缝合器、缝合线或者特殊的称为缝胶条的胶条缝合。
- 轻轻用肥皂和水清洗刀口后，用干净的毛巾拍干水。不要在刀口附近涂抹护肤霜或爽身粉。
- 手术后2天可洗淋浴。手术后两周内洗淋浴时，不要让水直接溅在刀口上。手术后两周内切勿洗盆浴。
- 复诊时拆除缝合器或缝合线。手术后7至10日内，免缝胶条会自动脱落。如果手术后两周仍未脱落，可轻轻揭去。

浮肿

- 全关节置换术后，足、踝、膝和大腿浮肿是正常的。
- 为防止浮肿，可将足部抬高至比心脏位置高的地方，保持45至60分钟。每天2次。
- 如果夜间睡觉并且白天抬高腿，浮肿仍未消退，请与**医生联络**。
- 医生可能会要求您穿弹力裤袜，以消除浮肿。如果医生要求穿弹力裤袜，白天穿，晚上睡觉时脱掉。用肥皂和水洗裤袜，挂起来自然干燥。请别人帮助穿裤袜，脱裤袜时动作要轻。

Blood Thinning Medicines

- Your doctor may order blood thinning medicine for 1 to 3 weeks to reduce your risk of blood clots. This medicine may be given as an injection into the abdomen. You will be taught how to give this medicine.
- If you take aspirin, products with aspirin, arthritis medicines, or other blood thinners, talk to your doctor to see if you should stop taking these medicines while you are on these injections.

Sitting

- Do not sit for longer than 30 minutes at a time. Get up, walk and change your position.
- Avoid long car trips. If you must travel, stop every 30 minutes. Get out of the car and move around. This will prevent blood clots, decrease swelling and help decrease joint stiffness.

Walking

- Use your walker or cane with all activity so that you do not fall.
- **Do not walk without your walker or cane until your doctor tells you that it is okay.**
- Walk often on level ground and go outdoors if weather permits. Shopping malls are good places to walk during rainy weather.

血液稀释药物

- 医生可能要求手术后使用血液稀释药物1至3周，以降低血液结块的风险。此类药物可采取腹部注射方式给药。医护人员会教您如何注射。
- 如果您正在服用阿司匹林、含阿司匹林药物、关节炎药物或其他有血液稀释功效的药物，请问医生在注射血液稀释药物期间是否应停用前述药物。

坐

- 每次坐下，不要超过30分钟。站起来走一走，改变身体姿势。
- 避免长途乘车旅行。如果必须长途乘车旅行，则每30分钟停车一次，下车走动。这样可以防止血液结块，消除浮肿，有助于降低关节的僵硬程度。

走

- 走动时使用助行器或拐杖，以防跌倒。
- 走路时必须使用助行器或拐杖，直到医生准许不使用为止。
- 经常在平地上走动，如果天气允许，可以到户外走动。下雨时，可到购物中心去走动。

Sleeping

- Do not use a waterbed until approved by your doctor.
- If you had a hip replacement, sleep on your back with a pillow between your knees with your legs 8 to 12 inches (20 to 30 cm) apart. Do not sleep on your side or stomach.

Climbing Stairs

- During the first few weeks at home, you may go up and down stairs one time each day with help.
- Have a friend or family member stand behind you as you go up and in front of you as you come down. Hold onto the hand rail.

Sexual Activity

- After knee replacement, you may return to sexual activity as soon as you feel able.
- After hip replacement, you may resume sexual activity 6 to 8 weeks after surgery. It is best to be on the bottom with your legs spread apart and slightly bent. Avoid hip bending or twisting. Do not rotate your leg inward. After several months of healing, you may resume sexual activity in any comfortable position.

Driving a Car

- Do not drive a car until your doctor tells you it is okay – often 6 weeks after surgery.
- Only drive if you can control your surgery leg and you are not taking pain medicine.

睡

- 不得使用水床，直到医生批准使用为止。
- 如果置换的是髋关节，睡觉时请仰卧，并在两膝之间放一个枕头，双腿分开8至12英寸。切勿采用侧卧或俯卧的睡姿。

上下楼梯

- 手术后在家休养的最初几周，每天可在外人的帮助下，上下楼梯一次。
- 上楼梯时，让朋友或家人站在身后保护，下楼梯时则站在您身前保护。上下楼梯时抓紧楼梯扶手。

性生活

- 置换膝关节后，可在自己身体情况允许时恢复性生活。
- 置换髋关节后，手术后6至8周可恢复性生活。您最好是在下方，腿岔开，稍稍弯曲。避免髋部的弯曲或扭动。腿切勿向内侧转动。休养几个月后，可恢复任何舒适的性生活姿势。

驾车

- 医生准许前不得驾车，一般要在手术后6周才能驾车。
- 必须在作过手术的腿能受控制并且停用止痛药后，才能驾车。

Other Special Precautions after Hip Replacement Surgery

You may need to follow these precautions to protect your new hip joint while your muscles heal. Follow these limits for 2 to 6 months, or as directed by your doctor.

- Do not cross your legs at the knees or ankles when sitting or lying down.
- Do not sit on low surfaces such as chairs, toilets, and car seats. Sit with your hips higher than your knees.
- Do not twist at the trunk. Move your whole body when you turn.
- Do not bend forward at the waist more than 90° or lift your knee higher than your hip.
- Do not turn your knees in while sitting or lying down.
- Do not sit with your legs close together. Keep your feet 8 to 12 inches (20 to 30 cm) apart when sitting.

Activities after Your Joint Heals

- Your new joint can be damaged by rough treatment. Avoid activities that may cause extra stress or injure the joint such as baseball, basketball, jogging and tennis.
- Do your physical therapy exercises to keep your muscles and ligaments strong to support your joint.
- Maintain a healthy weight for your height.
- After your joint is healed, about 6 to 8 weeks after surgery, you may be able to resume slow dancing, swimming and other activities. Check with your doctor before you start any new activity.

髋关节置换手术后的其他特别禁忌事项

在肌肉愈合期间，您可能须遵守下列禁忌，以保护新换的髋关节。禁忌期为2至6个月，或遵医嘱。

- 坐卧时，两腿切勿在膝盖处或踝部交叉。
- 切勿坐在较低的表面上，例如椅子、马桶或汽车座位。坐姿时，髋部须高于膝盖。
- 切勿扭动躯干。转身时，要全身转动。
- 切勿弯腰超过90度或提起膝时，膝盖超过髋部的高度。
- 坐卧时切勿转动膝盖。
- 坐姿时不要并腿。坐姿时，双脚分开8至12英寸。

关节痊愈后的活动

- 剧烈运动可能会损伤新关节。应避免可能导致关节承压过大或伤害关节的活动，例如棒球、篮球、慢跑和网球。
- 坚持理疗锻炼，使肌肉和韧带保持支撑关节的力量。
- 依据自己的身高保持体重健康的体重。
- 关节痊愈后，即手术后大约6至8周时，可恢复慢舞、游泳和其它活动。开始从事任何新活动之前，应征求医生的意见。

Water Walking

- Water walking in a pool is relaxing and strengthens the muscles in the hip and leg.
- Do not walk in water unless you have your doctor's permission and your incision is well healed – often 6 weeks after surgery.
- Enter the pool to chest high water. Hold onto the side of the pool and walk for 15 to 20 minutes. Repeat 3 to 5 days each week.

Preventing Infection

- It is important to prevent and treat infections because an infection can move through the blood to your joint.
- You need to take antibiotics before having any future surgery or dental care. Call your family doctor and tell them what you are having done and get a prescription for antibiotics.
- Tell all of your doctors including your dentist that you have had joint replacement.
- See a dentist for care every 6 months to prevent infection from your teeth. Before your appointment, call your dentist to get a prescription for antibiotics.
- If you think you have an infection, call your doctor.

Talk to your health care team if you have any questions or concerns about how to care for your new joint.

水中行走

- 在游泳池中作水中行走运动，不仅可以放松身体，而且可以增强髋部和腿部的肌肉力量。
- 在获得医生准许并且手术刀口愈合之前，不得作水中行走运动，一般要在手术后6周方可运动水中行走。
- 池水高度应在胸部。扶住池壁，行走15至20分钟。每周运动3至5次。

预防感染

- 感染可能通过血液传染到关节，因此必须预防感染，发生感染后必须进行治理。
- 今后接受任何手术或牙齿治疗之前，需要服用抗生素。应致电家庭医生，说明自己要做的事情，请医生开抗生素的处方。
- 向所有医生说明自己接受了关节置换手术，其中包括牙医。
- 每6个月看一次牙医，防止牙齿引起的感染。预约之前，应致电牙医，请求开抗生素的处方。
- 如果认为自己发生感染，应致电医生。

关于如何护理新关节，如有任何疑问或担心，请咨询医疗人员。

2008 – 6/2012 Health Information Translations

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Home Care after Total Joint Replacement. Simplified Chinese.