

# 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

# Daryeelka Guriga Ka Dib

## Beddelista Buuxda ee Laabatada

Raac talaabooyinka loogu talagalay daryeelka marka laabatadaada cusubi sii bogsanayso inta lagu jiro 6 ilaa 8 todobaad ee soo socda. Ha isku dayin inaad hawl xad dhaaf ah sameysid ama u adkaysatid xanuun xad dhaaf ah.

### Daryeelka Guriga

- Waxa aad ka bixi doontaa cisbitaalka 1 ilaa 3 maalmood qalitaanka ka dib. Fariimaha daryeelka guriga ayaa lagula fiirin doonaa. Waxa aad u baahan doontaa ballan ah la-socod. Waxa lagu siin doonaa taariikh ama lambar teleefon oo aad wacdid si aad ballan u sameysatid.
- Waxa laga yaabaa in dawooyinkaagu is beddelaan qalitaanka ka dib . Waxa lagu qori doonaa dawooyin cusub waxana lagu sheegi doonaa dawooyinka aad sii wadi doontid qalitaanka ka dib.
- Qalabka socodka ama bakoorada u isticmaal sida lagu sheegay.
- Waxa aad u baahan doontaa gargaar marka aad tagtid guriga. Haddii loo baahdo, kooxda daryeelka caafimaadkaaga ayaa kaa gargaari doonta sidii loo sameyn lahaa ku-talagal ah daryeelka guriga, qalabka, jimicsiga daweynta ah ama goob daryeel dheeraad ah.

### Wac dhakhtarkaaga isla markiiba haddii aad qabtid:

- Casaan, barar ama dheecaan soo kordhay oo ah meesha la qalay
- Qandho ka badan 101 darajo F ama 38 darajo C
- Haddii cirifyada dhaawacu bilaabaan inay kala tagaan
- Lugta oo xanuun, jiririco, kabuubyo ama qabow leh
- Haddii midabka lugtu sii madoobaado ama is beddelo

## 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.

## Daryeelka Meesha Lagaa Qalay

- Meesha lagaa qalay waxa lagu xiri karaa qabatooyin, tolmo ama dhejisyo gaar ah oo la yidhaahdo “steri-strips.”
- Si tartiib ah meesha lagaa qalay ku dhaq saabuun iyo biyo oo taabasho tartiib ah ku qalaji tuwaal ama shukumaan nadiif ah. Ha marin labeen ama budo meel u dhow meesha lagaa qalay.
- Waxa aad qaadan kartaa qubeys ama maydhasho sare joog ah 2 maalmood ka dib qalitaankaaga. Ka ilaali in biyaha qubeysku si toos ah ugu dhacaan meesha la qalay inta lagu jiro labada todobaad ee ugu horeeya. Ha qaadan qubeys ah fadhi saxan mudo ah laba todobaad oo ku xiga qalitaankaaga.
- Qabatooyinka ama tolmada waxa lagaa saari doonaa maalinta booqashadaada la-socodka ah. Dhejisyada “steri-strips” waxay bilaabi doonaan inay iska soo dhacaan 7 ilaa 10 maalmood gudahood. Haddii aanay soo dhicin ka dib 2 todobaad, si tartiib ah ayaad u qaadi kartaa.

## Barar

- Bararka ah cagta, kuraanta ama canqowga, jilibka iyo bawdada waa caadi ka dib beddelista buuxda ee laabatada.
- Si looga hortago bararka, cagtaada saar meel ka sareysa wadnahaaga mudo ah 45 ilaa 60 daqiiqadood. Tan samee 2 jeer maalin kasta.
- Haddii bararku aanuu yaraan ka dib marka aad huridid habeenkii oo dhan oo aad maalintiina sare u qaadid lugahaaga, **wac dhakhtarkaaga.**
- Waxa laga yaabaa in dhakhtarkaagu rabo inaad xiratid sharabaad cinjir ah si loo yareeyo bararka. Haddii sidaa la rabo, xiro sharabaadka inta lagu jiro maalintii iskana saar habeenkii. Sharabaadka ku dhaq saabuun iyo biyo oo meel sur si ay u qalalaan. Qof ha kaa caawiyo xirashada sharabaadka oo si tartiib ah iskaga saar.

## **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.

## **Dawooyinka Khafiifiya Dhiigga**

- Dhakhtarkaagu waxa uu dalbi karaa dawo khafiifisa dhiigga mudo ah 1 ilaa 3 todobaad si loo yareeyo halista dhiig xinjirowga . Dawadan waxa laga yaabaa in loo qaato mudis ah caloosha. Waxa lagu bari doonaa sida la isku siiyo dawadan.
- Haddii aad qaadatid asbiriin, waxyaabo uu ku jiro asbiriin, dawooyinka lafo-xanuunka, ama dhiig khafiifiyeyaal kale, la hadal dhakhtarkaaga si aad u ogaatid inay tahay inaad joojisid qaadashada dawooyinkaas inta aad qaadanaysid dawada mudista ah.

## **Fadhiga**

- Ha fadhiyin wax ka badan 30 daqiiqadood halkii mar. Sare kac, soco oo beddel meesha.
- Iska ilaali safar baabuur oo dheer. Haddii ay qasab tahay inaad safartid, joogso 30 daqiiqadood kasta. Ka soo deg baabuurka oo dhaqdhaqaaq. Taasi waxay ka hortagi doontaa dhiig xinjirowga, yareyn doontaa bararka oo caawinaad ka geysan doontaa yareynta adkaanta laabatada.

## **Socodka**

- Isticmaal qalabkaaga socodka ama bakooraad marka aad sameynaysid hawl kasta si aanad u dhicin.
- **Ha socon adiga oo aan haysan qalabkaaga socodka ama bakooraad ilaa dhakhtarkaagu kuu sheegayo in aadan u baahnayn.**
- Badanaa ku soco dhul isku siman oo u bax dibadda haddii hawadu saamaxayso. Xarumaha ganacsiga (malls) ayaa badanaa ah goobo fiican oo lagu socdo xilliga roob jiro.

## **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.

## **Hurdada**

- Ha isticmaalin sariir biyood ilaa dhakhtarkaagu oggolaado.
- Haddii lagu sameeyay beddelista sin, u seexo dhabarka iyada oo barkin kuugu jirto jilbaha dhexdooda oo lugahaagu isu jiraan 8 ilaa 12 inji. Ha u seexan dhinac ama caloosha.

## **Fulitaanka Jaranjarada**

- Dhawrka todobaad ee ugu horeeya ee aad joogtid guriga, maalin kasta hal mar iyada oo lagu caawinayo ayaad jaranjarta kor iyo hoos u raaci kartaa.
- Qof saaxiib ah ama qof ehelka ah, ha joogsado xaggaaga dambe marka aad kor u fuulaysid jaranjarta iyo xaggaaga hore marka aad ka soo degaysid. Qabso gacmo-qabsiga.

## **Firfircoonida Galmada**

- Ka dib beddelista jilibka, waad ku noqon kartaa firfircoonida galmada marka ugu horeysa ee aad dareentid inaad awoodid.
- Ka dib beddelista sinta, waxa aad dib u bilaabi kartaa firfircoonida galmada 6 ilaa 8 todobaad ka dib qalitaanka. Waxa fiican inaad hoosaysid oo lugahaagu kala fog yihiin wax yarna laaban yihiin. Iska ilaali laabista ama maroojinta sinta. Lugtaada ha u wareejin gudaha. Dhawr bilood ka dib oo ah bogsasho, waxa aad galmo ku sameyn kartaa meeleyn kasta oo raaxo kuu leh.

## **Wadista Baabuur**

- Ha kaxeyn baabuur ilaa dhakhtarkaagu kuu sheegayo inaad sidaa sameyn kartid – taasoo badanaa ah 6 todobaad qalitaanka ka dib.
- Kaliya kaxee baabuurka haddii aad xukumi kartid lugtaada qalitaanka lagu sameeyay oo aadan qaadanaynin dawo xanuun.



## **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.

## **Taxadirada Kale ee Gaarka ah ka Dib Qalitaan Beddelis ah Sinta**

Waxa laga yaabaa in loo baahdo inaad raacdid taxadiradan soo socda si loo ilaaliyo laabatadaada sinaha ee cusub inta ay muruqyadaadu ka bogsanayaan. Raac xadeyntan soo socota mudo ah 2 ilaa 6 bilood, ama inta uu ku taliyo dhakhtarkaagu.

- Lugahaaga ha iska weydaarin jilbaha ama kuraamaha (canqowga) marka aad fadhidid ama jiiftid.
- Ha ku fadhiisan shay gaaban sida kuraas, musqusha, kuraasta baabuurka. Fadhiiso iyada oo sinahaagu ka sareeyo jilbahaaga.
- Ha iska maroojin dhexda. Jidhkaaga oo dhan dhaqaaji marka aad is leexinaysid.
- Ha ka foorarsan dhexda wax ka badan 90° ama jilibkaaga inta aad sare u qaadid ha ka sareysiin sinahaaga.
- Ha leexin jilbahaaga marka aad fadhidid ama jiiftid.
- Ha isku soo dhowayn lugahaaga markaad fadhido. Cagahaaga kala fogee 8 ilaa 12 inji markaad fadhido.

## **Firfircoonida Ka Dib Bogsashada Laabatadaada**

- Laabatadaada cusub waxa waxyeelayn kara isticmaal xun. Iska ilaali firfircoonida ama hawlaha keeni kara culays dheeraad ah ama dhaawac u geysan kara laabatada sida isboortiga “baseball”, kubadda koleyga, gucleynta iyo teniska.
- Samee jimicsiyada cilaajka jidhka si muruqyadaada iyo seeduhu u yeeshaan xoog ay ku taageeri karaan laabatadaada.
- Yeelo miisan caafimaad u leh jooggaaga ama sax ku ah jooggaaga.
- Ka dib marka laabatadaadu bogsato, oo ah qiyaastii 6 ilaa 8 todobaad ka dib qalitaanka, waxa aad si tartiib ah u bilaabi kartaa qoob-ka-ciyaarka, dabaasha iyo hawlo kale. Weydii dhakhtarkaaga ka hor inta aadan bilaabin wax ah firfircooni ama hawl cusub.

## **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.**

## **Socodka Biyaha**

- Ku-socodka biyo ku jira barkad waxay leedahay nafisaad waxana ay xoojisaa muruqyada sinta iyo lugaha.
- Ha ku socon biyaha ilaa dhakhtarkaagu kuu oggolaanayo oo meesha lagaa qalay si fiican u bogsato – taasoo ah badanaa 6 todobaad qalitaanka ka dib.
- Gal barkadda ilaa biyuhu ka gaadhayaan laabtaada. Qabso dhinaca barkadda oo soco mudo ah 15 ilaa 20 daqiiqadood. Ku celi 3 ilaa 5 maalmood todobaadkii.

## **Ka-hortagga Caabuqa**

- Waxa muhiim ah in laga hortago oo la daweeyo caabuqa sababta oo ah caabuqu waxa uu soo dhex mari karaa dhiigga oo soo gaadhi karaa laabatadaada.
- Waxa aad u baahan tahay inaad qaadatid antibiyootiko ka hor intaan lagu sameyn qalitaan ama daryeel ilko mustaqbalka. Wac dhakhtarka qoyskaaga oo u sheeg waxa lagu sameynayo oo ha lagu qoro dawo ah antibiyootiko.
- U sheeg dhamaan dhakhaatiirtaada oo ay ku jiraan dhakhtarkaaga ilkaha in lagu sameeyay beddelis laabato.
- U tag dhakhtarka ilkhaha 6 bilood kasta si looga hortago caabuq ka yimaada ilkahaaga. Ka hor ballantaada, wac dhakhtarkaaga ilkaha si laguugu qoro dawo ah antibiyootiko.
- Haddii aad u maleynaysid inaad leedahay caabuq, wac dhakhtarkaaga.

## **La hadal kooxda daryeelka caafimaadkaaga haddii aad qabtid su'aalo ama walaac ku saabsan sida loo daryeelo laabatadaada cusub.**

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