

# 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

# 全關節置換術後 患者的家庭護理

全關節置換手術後，新關節需要6至8週時間才能痊癒，在此期間須遵守下列護理原則。切勿勉強自己或強忍疼痛。

## 家庭護理

- 您會在手術後1至3天出院。醫院會向您說明家庭護理的注意事項。手術後須預約複診一次。醫院會提供複診日期或複診預約電話號碼。
- 手術後，服用的藥物可能會有變化。醫院會開新藥物的處方，並說明手術後繼續服用哪些藥物。
- 遵醫囑使用助行器或拐杖。
- 出院回家時需要有人從旁協助。必要時，醫護人員會協助您安排家庭護理、設備、物理治療或長期護理機構。

## 如有以下情況，請立即找醫生：

- 手術切口發紅、浮腫程度或滲出液體增加
- 發燒超過華氏101度（攝氏38度）
- 手術刀口裂開
- 腿部疼痛、搔癢、麻木或發寒
- 腿部發白或發青

## 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.

## 手術刀口的護理

- 手術刀口可能用縫合器、縫合線或特殊膠條（免縫膠條）縫合。
- 輕輕用肥皂和水清洗刀口後，用乾淨的毛巾拍乾。不要在刀口附近塗抹護膚霜或爽身粉。
- 手術後2天可洗淋浴。手術後兩週內洗淋浴時，不要讓水直接濺在刀口上。手術後兩週內切勿洗盆浴。
- 複診時拆除縫合器或縫合線。手術後7至10日內，免縫膠條會自動脫落。如果手術後兩週仍未脫落，可輕輕揭去。

## 浮腫

- 全關節置換術後，足、踝、膝和大腿浮腫是正常的。
- 為防止浮腫，可將足部抬高至比心臟位置高的地方，保持45至60分鐘。每天2次。
- 如果夜晚睡覺而且白天抬高腿，浮腫仍未消退，請與**醫生聯絡**。
- 醫生可能會要求您穿彈力褲襪，以消除浮腫。如果醫生要求穿彈力褲襪，白天穿，晚上睡覺時脫掉。用肥皂和水洗褲襪，掛起來自然乾燥。請別人幫助穿脫褲襪，脫褲襪時動作要輕。

## **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.

## 血液稀釋藥物

- 醫生可能要求手術後服用血液稀釋藥物1至3週，以降低血液結塊的風險。此類藥物可採取腹部注射方式給藥。醫護人員會教您如何注射。
- 如果您正在服用阿斯匹靈、含阿斯靈林藥物、關節炎藥物或其他有血液稀釋功效的藥物，請詢問醫生在注射血液稀釋藥物期間是否應停用前述藥物。

## 坐

- 每次坐下休息，不要超過30分鐘。站起來走一走，改變身體姿勢。
- 避免長途乘車旅行。如果必須長途乘車旅行，每30分鐘停車一次，下車走動。這樣可以防止血液結塊，消除浮腫，並有助於降低關節的僵硬度。

## 走

- 走動時使用助行器或柺杖，以防跌倒。
- 走路時必須使用助行器或柺杖，直到醫生准許不使用為止。
- 經常在平地上走動，如果天氣允許，可以到戶外走動。下雨時，可到購物中心去走動。

## **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，直到醫生批准為止。
- 如果置換的是髌關節，睡覺時請仰臥，並在兩膝之間放一個枕頭，雙腿分開8至12英寸。切勿採用側臥或俯臥的睡姿。

## 上下樓梯

- 手術後在家休養的最初幾週，每天可在外人的幫助下，上下樓梯一次。
- 上樓梯時，讓朋友或家人站在身後保護，下樓梯時則站在您身前保護。上下樓梯時抓緊樓梯扶手。

## 性生活

- 置換膝關節後，可在自己身體情況允許時恢復性生活。
- 置換髌關節後，手術後6至8週可恢復性生活。您最好是在下方，腿岔開，稍稍彎曲。避免髌部的過度彎曲或扭動。腿切勿向內側轉動。休養幾個月後，可恢復任何舒適的性生活姿勢。

## 駕車

- 醫生准許前不得駕車，一般要在手術後6週才能駕車。
- 必須在作過手術的腿能受控制並且停服止痛藥後，才能駕車。

## **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.

## 髖關節置換手術後的其他特別禁忌事項

在肌肉癒合期間，您可能須遵守下列禁忌，以保護新換的髖關節。禁忌期為2至6個月，或遵醫囑。

- 坐臥時，兩腿切勿在膝蓋處或踝部交叉。
- 切勿坐在較低的表面上，例如椅子、馬桶或汽車座位。坐姿時，髖部須高於膝蓋。
- 切勿扭動軀幹。轉身時，要全身轉動。
- 切勿彎腰超過90度或提起膝時，膝蓋超過髖部的高度。
- 坐臥時切勿轉動膝蓋。
- 坐姿時不要併腿。坐姿時，雙腳分開8至12英寸。

## 關節痊癒後的活動

- 劇烈運動可能會損傷新關節。應避免可能導致關節承壓過大或傷害關節的活動，例如棒球、籃球、慢跑和網球。
- 保持理療鍛煉，使肌肉和韌帶保持支撐關節的力量。
- 依據自己的身高保持健康的體重。
- 關節痊癒後，即手術後大約6至8週時，可恢復慢舞、游泳和其他活動。開始從事任何新活動之前，應徵求醫生的意見。

## **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運動，不僅可以放鬆身體，而且可以增強腕部和腿部的肌肉力量。
- 在獲得醫生准許而且手術刀口癒合之前，不得作水中行走運動，一般要在手術後6週方可運動水中行走。
- 池水高度應在胸部。扶住池壁，行走15至20分鐘。每週運動3至5次。

## 預防感染

- 感染可能透過血液傳染到關節，因此必須預防感染，發生感染後必須進行治療。
- 今後接受任何手術或牙齒治療之前，需要服用抗生素。應致電家庭醫生，說明自己要做的事情，並請醫生開抗生素。
- 向所有醫生說明自己接受了關節置換手術，其中包括牙醫。
- 每6個月看一次牙醫，防止牙齒引起的感染。預約之前，應致電牙醫，並請醫生開抗生素。
- 如果認為自己發生感染，應致電醫生。

關於如何護理新關節，如有任何疑問或擔心，請詢問醫療人員。

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