



You are about to be discharged from hospital.

What happens next ?

1. You will have chosen between inpatient and/or outpatient rehab at another hospital or rehabilitation at home. If you are unsure about these arrangements, please contact the rooms.
2. When is my **follow-up** appointment with Dr Ellis?
 - If you are rehabbing at home, Dr Ellis will see you for a wound review about **10 days after surgery**.
 - Dr Ellis will see all patients at a **six week post-op review** with a new x-ray.
3. How do I need to look after my new hip or knee?
 - Keep wearing your compression stockings for **SIX** weeks .
 - **Continue** on your medication as instructed to avoid deep vein thrombosis (clots) after surgery.
 - After a knee replacement, usually you will be prescribed Xarelto/Rivaroxaban for 14 days post-surgery
 - After a hip replacement, usually you will be prescribed Xarelto/Rivaroxaban for 35 days from surgery (in total)
 - **Do not drive** until instructed (between 4 – 6 weeks post-op).
 - Follow Dr Ellis' and your physios advice re. weight bearing.
 - Generally, you will use crutches or a frame for the first **six weeks** to avoid falls.
 - **After six weeks**, you may use a crutch or a walking stick in the opposite arm to your operated side to protect your operated limb.
 - **Hydrotherapy** can be commenced on Day 7 after surgery with the dressing in situ.
 - If you have had a hip replacement, it's important to avoid placing high torque/twisting forces across your femur while your bone heals for the first six months. Avoid breaststroke for the duration and keep with freestyle/backstroke when swimming laps.
4. How do I look after my wound and dressing?
 - **Do not remove the dressing**. Your GP, Dr Ellis or the rehabilitation doctors will remove it two weeks after the operation. Call us if you are concerned.
 - You may go swimming with the dressing on. If the seal is compromised, see your rehab doctor, GP or Dr Ellis for a new waterproof dressing.
 - Your stitches are dissolvable. Dr Ellis will inspect the wound when he sees you and make sure it is healing well.
 - If you are worried about warmth, redness, are experiencing a fever or unexpected levels of pain, contact us straight away at the rooms or present to your local emergency department.