

Dr David R. Gill MB BS FRACS (ORTHO) FAOA
ORTHOPAEDIC SURGEON
57 LINDSAY STREET, HAMILTON , NSW 2303
PROVIDER 211379LB AHPRA MED 0001299776
PH: 0249694033 FAX: PLEASE EMAIL E: DRDAVIDGILL@YAHOO.COM.AU
W: [HTTP://WWW.DRDAVIDGILL.COM.AU](http://www.drdaavidgill.com.au)
D.R. GILL PTY LTD ABN 35 120 906 112



Leaving Hospital Instructions for Total Hip or Knee Replacement

Early post operative care for your new joint replacement is important to ensure there are no complications. There are 5 important aspects to post operative joint replacement care, and are as follows.

1. Deep Venous Thrombosis Prevention (also known a DVT)

To minimise DVT formation after hospital, we recommend to keep moving as much as possible including moving the ankle and knee and wearing of TED / Anti embolic stocking. This is known as mechanical prophylaxis. We also usually recommend additional medications (known as chemical prophylaxis) to prevent DVT and this would include either Clexane Injection (Enoxaparin) or Cartia Tablet (Aspirin) or if you are normally on blood thinners for your heart, then often just these.

2. Pain Relief

We recommend regular Paracetamol (max 4 grams per day) as a baseline for pain relief. In addition to this we may recommend regular anti-inflammatories (like Celecoxib (Celebrex), Meloxicam (Mobic) or Ibuprofen (Nurofen). Sometimes stronger pain relievers will be prescribed like Tapentadol (Palexia), or Oxycodone (Endone) in rapid or slow release forms. These stronger pain killers are opiates, and really should be reserved only for severe pain, and used as infrequently as possible, and ceased as early as possible. The risk of opiate addiction is real if opiate usage is prolonged.

3. Physiotherapy

Physiotherapy is essential for a good outcome with knee replacement surgery, and desirable but discretionary for hip replacement surgery. The hospital physiotherapist will make a plan for physiotherapy after you leave hospital. This will either be as part of an inpatient or outpatient rehab program, or with a local physiotherapist to your home, or with a health fund arranged physiotherapy provider. In some cases, it is appropriate for a self directed physiotherapy program.

4. Wounds

Most wounds are closed with absorbable sutures, and a fresh dressing will be applied to the wound on the day of discharge from hospital. Please keep this in place until review with Dr GILL.

5. Follow up appointments

Follow up appointments will be arranged at the time of discharge from hospital. This will usually be 10-14 days after discharge with Dr GILL in his Hamilton office, but may be longer if discharging from rehab facilities. Follow up appointment can be made or confirmed by contacting Emma via email on drdavidgill@yahoo.com.au or phone on 02 49694033 during office hours.

If there are any concerns please feel free to contact Dr GILL through his office via email on drdavidgill@yahoo.com.au or by phone on 02 49694033.