

# 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

# Kućna njega nakon potpune zamjene zgloba

Dok se vaš novi zglob oporavlja tokom narednih 6 do 8 sedmica, slijedite dole navedena uputstva za njegu. Nemojte pretjerivati i forsirati se preko granica izdržljivosti (bola).

## Kućna njega

- Iz bolnice ćete izaći 1 do 3 dana nakon operacije. Proći ćemo s Vama kroz upute za kućnu njegu. Trebate zakazati kontrolni pregled. Dobit ćete ili datum slijedećeg pregleda ili telefonski broj koji trebate nazvati da ga sami sebi zakažete.
- Možda ćete nakon operacije promijeniti lijekove. Dobit ćete recept za nove lijekove i upute u vezi s lijekovima koje trebate nastaviti da uzimate nakon operacije.
- Hodalicu ili štap koristite u skladu sa uputama.
- Kod kuće će vam trebati pomoć. Ukoliko je potrebno, vaš tim za pružanje zdravstvene njege će vam pomoći prilikom organizovanja kućne njege, opreme, fizikalnih terapija ili smještaja u ustanovi za produženu njegu.

## **Odmah nazovite svog ljekara ukoliko:**

- vam se pojača crvenilo, otok ili curenje rane
- dobijete temperaturu višu od 101 stepen F ili 38 stepeni C
- ivice oko rane se počnu odvajati
- u nozi osjetite bol, štipkanje, obamrlost ili hladnoću
- noga vam pobljedi ili poplavi

## 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.

## Njega rane

- Vaša rana može biti zatvorena kopčama, šavovima ili specijalnim trakama koje se zovu sterilni adhezivi.
- Nježno operite ranu sapunom i vodom, a posušite je lagano tapkajući čist peškir. Nemojte koristiti losion ili puder blizu rane.
- Drugi dan nakon operacije se možete istuširati, ali se nemojte kupati 2 sedmice nakon operacije. Prilikom tuširanja u toku prve 2 sedmice nemojte dozvoliti da Vam voda ide direktno na ranu.
- Kopče ili šavovi će vam se izvaditi kada odete na kontrolni pregled. Sterilni adhezivi će sami početi otpadati u roku od 7 do 10 dana. Ukoliko ne otpadnu nakon 2 sedmice, možete ih nježno povući da spadnu.

## Oticanje

- Oticanje stopala, zgloba, koljena i butine je normalno nakon potpune zamjene zgloba.
- Da bi se spriječilo oticanje, spustite ležaljku ili ležite s nogom podignutom iznad nivoa srca i tako je držite 45 do 60 minuta. Ovo radite 2 puta dnevno.
- Ako se oticanje ne smanji nakon cjelonoćnog spavanja i podizanja noge iznad nivoa srca u toku dana, **nazovite svog ljekara.**
- Vaš ljekar vam može tražiti da nosite elastične čarape da bi se spriječilo oticanje. Ukoliko to bude tražio, čarape nosite danju, a skinite ih noću. Čarape perite sapunom i vodom i objesite ih da se osuše. Neka vam neko pomogne da obučete i polako skinete čarape.

## **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.

## Lijekovi za razrjeđivanje krvi

- Da bi se smanjio rizik od stvaranja krvnih ugrušaka, ljekar može propisati da u trajanju od 1 do 3 sedmice uzimate lijek za razrjeđivanje krvi. Ovaj lijek se može dati u vidu injekcije u stomak (abdomen). Zdravstveni radnici će vam pokazati kako da sami sebi date ovaj lijek.
- Ako uzimate aspirin, proizvode s aspirinom, lijekove protiv artritisa ili druge lijekove za razrjeđivanje krvi, o tome obavijestite ljekara i pitajte ga da li trebate napraviti pauzu s uzimanjem ovih lijekova dok primate ove injekcije.

## Sjedenje

- Nemojte neprekidno sjediti duže od 30 minuta. Ustanite, prošetajte i promijenite položaj.
- Izbjegavajte dugačke vožnje automobilom. Ako morate putovati, zaustavljajte se svakih 30 minuta. Izadite iz auta i prošetajte. Ovo će spriječiti stvaranje krvnih ugrušaka i pomoći da se smanji oticanje i ukočenost zglobova.

## Šetanje

- Kad god nešto radite koristite hodalicu ili štap da ne bi pali.
- **Nemojte šetati bez hodalice ili štapa sve dok vam ljekar to ne odobri.**
- Često šetajte po prizemlju i izlazite vani ukoliko to vremenske prilike dozvoljavaju. Šoping-centri su zgodna mjesta za šetnju kada pada kiša.

## **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.

## **Spavanje**

- Nemojte koristiti vodeni krevet sve dok vam to ne odobri ljekar.
- Ukoliko ste imali zamjenu kuka, spavajte na leđima s jastukom između koljena, a noge držite razdvojene od 20 do 30 cm (8 do 12 inča). Nemojte spavati na strani ili na stomaku.

## **Penjanje uz stepenice**

- U toku prvih nekoliko sedmica boravka kod kuće, jedanputa dnevno možete uzlaziti i silaziti niz stepenice uz pomoć.
- Neka vas prijatelj ili član porodice prate otraga prilikom penjanja uz stepenice, a ispred vas dok silazite niz stepenice. Držite se za rukohvate.

## **Seksualne aktivnosti**

- Nakon zamjene koljena, možete se vratiti seksualnim aktivnostima čim se budete ponovo dobro osjećali.
- Nakon zamjene kuka, možete se vratiti seksualnim aktivnostima 6 do 8 sedmica poslije operacije. Najbolje je da budete u donjem položaju, raširenih, lagano savijenih nogu. Izbjegavajte savijanje ili okretaje kuka. Ne okrećite nogu prema unutrašnjoj strani. Nakon nekoliko mjeseci oporavka, možete ponovo početi sa seksualnim aktivnostima u bilo kojem udobnom položaju.

## **Vožnja autom**

- Nemojte voziti auto sve dok vam to ne odobri ljekar – najčešće se odobrenje dobije 6 sedmica nakon operacije.
- Vozite samo ako potpuno možete kontrolisati operisanu nogu i ako ne uzimate lijekove protiv bolova.



## **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.

## **Ostale posebne mjere predostrožnosti nakon operacije zamjene zgloba**

Možda ćete trebati slijediti ove mjere predostrožnosti kako bi ste zaštitili svoj novi zglob dok vam se mišić oporavlja. Slijedite ova ograničenja u trajanju od 2 do 6 mjeseci ili u skladu s uputama ljekara.

- Nemojte prekrstiti noge u koljenima ili zglobovima dok sjedite ili ležite.
- Nemojte sjediti na niskim površinama poput niskih stolica, WC šolja i sjedalice za automobile. Sjedite tako da vam kukovi budu na višem nivou od koljena.
- Nemojte se okretati iz bokova. Prilikom okretanja, okrenite cijelo tijelo.
- Ne savijajte se naprijed u struku pod uglom većim od 90 stepeni i ne podižite koljeno iznad visine kuka.
- Ne okrećite koljena prema unutrašnjoj strani dok sjedite ili ležite.
- Ne sjedite sastavljenih nogu. Dok sjedite, držite stopala razmaknuta 20 do 30 cm (8 do 12 inča).

## **Aktivnosti nakon oporavka zgloba**

- Svoj novi zglob možete oštetiti ako ga ne pazite. Izbjegavajte aktivnosti koje mogu prouzrokovati dodatni stres ili povredu zgloba, kao što su bejzbol, košarka, trčanje i tenis.
- Radite preporučene fizikalne vježbe kako bi vam mišići i ligamenti bili dovoljno jaki da pruže potporu zglobu.
- Održavajte zdravu tjelesnu težinu u odnosu na svoju visinu.
- Kada vam se zglob oporavi, što će biti 6 do 8 sedmica nakon operacije, možda ćete moći ponovo polako plesati, plivati i baviti se ostalim aktivnostima. Posavjetujte se sa svojim ljekarom prije nego što započnete s bilo kojim novim aktivnostima.

## **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.**

## **Hodanje kroz vodu**

- Hodanje kroz vodu u bazenu opušta i jača mišiće kukova i nogu.
- Kroz vodu hodajte samo ako vam to odobri ljekar, a rana dobro zaraste – to je često moguće 6 sedmica nakon operacije.
- Uđite u dio bazena gdje vam je nivo vode do visine grudi. Držite se za stranu bazena i hodajte 15 do 20 minuta. Ovo ponavljajte 3 do 5 dana sedmično.

## **Sprječavanje infekcije**

- Infekcije je važno spriječiti i liječiti zato što infekcija može putem krvi dospjeti do zgloba.
- Prije bilo kakve buduće operacije ili odlaska kod zubara, trebate uzeti antibiotike. Nazovite porodičnog ljekara i obavijestite ga o tretmanu kojem se namjeravate podvrći i zatražite recept za antibiotike.
- Sve svoje ljekare, uključujući i zubara, obavijestite da vam je izvršena zamjena zgloba.
- Da bi ste spriječili stvaranje infekcije zbog problema sa zubima, odlazite na pregled zuba svakih 6 mjeseci. Prije pregleda, nazovite svog zubara i zamolite ga za recept za antibiotike.
- Ukoliko smatrate da ste dobili infekciju, nazovite svog ljekara.

**Posavjetujte sa svojim timom za zdravstvenu njegu ukoliko imate bilo kakvih pitanja ili osjećate zabrinutost u vezi s njegom svog novog zgloba.**

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