

Total Joint Replacement Recovery

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Hospital arrival time:

Congratulations on your new joint replacement!

We have asked you to be at the hospital on your surgery date at:

5:00 am 7:00 am 8:00 am

This is not the start time of your surgery. You need to be at the hospital before your surgery time in order to prepare for surgery. This includes a visit with the nursing staff as they prepare you for surgery. The anesthesiologist meets with you to discuss different options of anesthesia available for the procedure. Finally, Dr. Hernandez also meets with you to go over any final questions you may have as well as sign the appropriate operative leg.

Anti-coagulation:

Following your total joint replacement, you **MUST** be on anti-coagulation medication for a period of time in order to prevent blood clots from occurring. Dr. Guanche's preferred anti-coagulation medication is ECASA (Enteric Coated Aspirin) 325 mg.



Instructions on how to take aspirin following surgery:

Enteric coated aspirin 325 mg take one pill by mouth two times a day for the first two weeks after surgery followed by one pill by mouth one time a day for the next four weeks. This will be a total of six weeks taking aspirin to prevent blood clots. After you see Dr. Guanche for your six week post-operative visit, he will instruct you that you are done taking aspirin. You can resume your normal anti-coagulation regimen per your primary care provider or cardiologist.

You will also be wearing compression stockings for a total of two weeks after surgery. It is recommended that you wear these stockings as much as possible. The day after your surgery, you will be up and walking to help decrease the likelihood of developing a blood clot. Also, during your hospital stay there will be compressive devices placed on your calves while you are in bed to intermittently squeeze your calves.

Rehabilitation Centers:

After your total joint replacement, you will have the opportunity to start your rehabilitation at your house or at a Subacute Rehabilitation Center, depending on your preference. If your surgery is done in our outpatient facility, you will be going home directly.

The stay at the rehab center is usually 1-2 weeks, depending on your progress with physical therapy. **Most insurance cover either option.**

The choice is up to you:

1) Home

or

2) Subacute Rehabilitation Center

Option 1 – Home

Dr. Guanche recommends Pegasus Home Health care. This specific agency works closely with our office and uses our protocols. They will contact you within a couple of days of

your discharge from the hospital to send a nurse and physical therapist. If you would like to contact them, the phone number

Dr. Guanche also recommends durable medical equipment after your surgery through SOS Medical, Inc. If you would like to contact them, their phone number is 818-280-3147 and their website is www.sosmedical.net.

The equipment recommended includes a walker (or crutches), commode and cold therapy unit.



Option 2 - Subacute Rehabilitation Center.

Dr. Guanche works with several facilities and we can discuss that at the preoperative visit or in the hospital. Please feel free to visit any facility you chose or call them and ask any questions that you may have before or after your surgery. Taking a trip to visit the facility is probably the best!

The most important thing is that YOU, the patient, are comfortable. PICK A PLACE, ANY PLACE THAT YOU LIKE.

ONE OPTION IS:

Windsor Terrace Healthcare Center

7447 Sepulveda Boulevard

Van Nuys, CA 91405

Phone Number: 818-787-3400

www.windsorcares.com/windsor-terrace-healthcare-center.html

Dental Antibiotic Prophylaxis:

After your total joint replacement, **it is recommended that you wait 6 months before you have any dental work/procedure performed.** This is a recommendation, but if any emergency dental work needs to be completed before the 6 months have passed, prophylactic antibiotics will need to be taken before you proceed. After the 6 months have passed since your surgery, you are free to see your dentist. Please call your dentist and inform them that you now have a joint replacement and that Dr. Hernandez recommends that you have **lifetime dental antibiotic prophylaxis.** This means that anytime you see your dentist in the future, your dentist will prescribe you antibiotics to be taken before your appointment. For example, if you have no allergies to penicillin, your dentist will prescribe you Amoxicillin 500 mg 4 pills to be taken 30-60 minutes before your appointment. That's it! If you have an allergy to penicillin, the recommended antibiotic dosage is Clindamycin 300 mg take 2 pills 30-60 minutes before your appointment. The reason prophylactic antibiotics are recommended by Dr. Hernandez is to **prevent joint replacement prosthesis infection.**

Airport Security:

The parts that make up your joint replacement are made out of metal that may be detected by the metal detectors at airport security checkpoints. We can issue you a card identifying that you have had a joint replacement.

Post-Op Wound Care:

Once you are released from the hospital, a bandage will be applied over your surgical incision. The name of this bandage is called an “Aquacel Ag” bandage. We ask you to leave it on for approximately one week after your surgery. The reason for this is that the bandage has silver embedded in the bandage which prevents infection of your surgical incision. Therefore, our protocol is that **no one is to change the bandage until one week after the surgery.** The bandage is waterproof, but do your best to keep it as dry as

possible. Patients in the past have said Saran wrap around the bandage when showering or sponge bathing is effective. **No tub bathing for 3 weeks after surgery.**

Post-op Concerns:

If you have any questions or concerns after your surgery, please feel free to contact our team.

Blanca: 818-901-6600 x 6704

Lilit: 818-901-6600 x 6754

Please leave a message if no one is able to answer your call. Voicemails are checked throughout the day. Your voicemail will be passed on to Dr. Guanche or Mr. Abraamyan. If you need to speak with us immediately, please call our SCOI number (818-901-6600). You can dial 0 which will take you to our operator. Please explain your situation to them and ask them to “overhead page” the Dr. Guanche team. This will get you in contact with our team immediately. This is only to be used for emergencies. Situations that may warrant this are variable, therefore; we leave this option available to patients at their discretion. In a true emergency, please dial 911.

Also, Healthloop is a great tool we use in order to stay in contact with you throughout your post-operative recovery. It can be accessed online at www.healthloop.com or through an application on your phone or tablet. If you have yet to receive a registration email from our office, please let us know so that we can set you up to have access to Healthloop.

Friendly Reminders:

1. There is no eating or drinking anything after midnight the day before your surgery.
2. Your primary care provider should have already informed you which medications you should have stopped and which ones you should have continued. The ones

you should have continued can be taken with a sip of water the morning of your surgery.