



**DR L. ANDREW ASHTON**

B.A., B.Med., FRACS (Orth) Orthopaedic Surgeon

## POST OPERATIVE INFORMATION

# Joint Replacement

### Normal Symptoms:

- Discomfort in joint
- Swelling
- Bruising
- Warmth over joint

### The following symptoms are **NOT** normal:

- Prolonged vomiting
- Excessive bleeding
- Redness around the incision
- Fever or chills
- Increasing swelling or numbness

If you experience any of the above symptoms you should seek medical advice. Please contact your nearest Emergency Department.

### Diet:

Normal healthy diet as tolerated.

### Activity:

- Exercise program as instructed by your Physiotherapist with your frame or crutches.
- Precautions as instructed by your Physiotherapist and Occupational Therapist.
- Rest for a few hours each day for the first 3 weeks and then gradually increase your activity.
- Equipment for showering and toileting as instructed by your Occupational Therapist.

### Medications:

- Take medications as instructed by Doctor.
- Regular Panadol may be useful for pain.

### Driving:

No driving until instructed by Doctor.

### Dressings / Wound care:

- Wash and pat wounds dry carefully.
- Leave the dressing in place until seen by Doctor or replace if they are loose.

### Hygiene:

- You may shower as desired.

### Sex:

You may resume sexual relations when you feel you are ready. Let your body guide you.

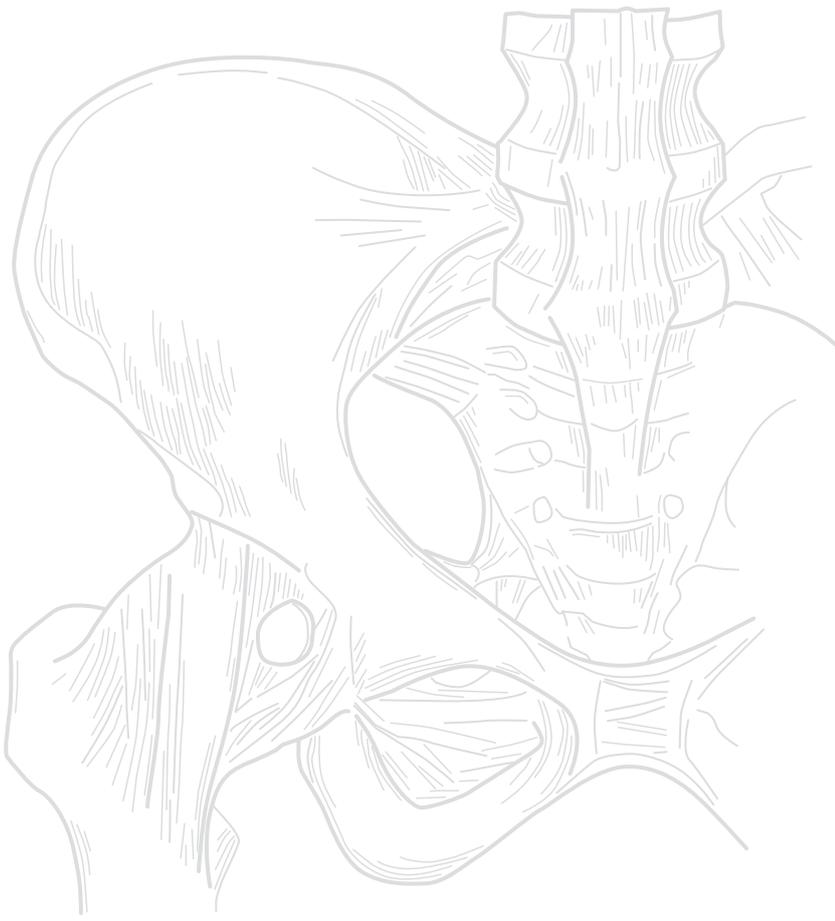
### Legal requirements following an anaesthetic or sedation:

For a 24 hour period you are **NOT** allowed to:

- Drive a car as directed by Doctor
- Operate machinery
- Drink alcohol
- Sign any legal or important documents.

### Follow-up Appointment





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