Going home

Discharge from the center:
You will be discharged in the morning after surgery usually between 8:00 – 9:00 am. Please arrange for your caregiver to arrive around 8:00am to drive you home.

Labs will be drawn early in the morning. Physical therapy will once again visit with you to assist with walking and review with you the exercises that you will be performing over the next few weeks. You will have a scheduled appointment made with a physical therapist of your choice before being discharged from our facility.

Your surgeon or his Physician Assistant/Nurse Practitioner will visit to perform a brief examination, review your lab results, answer questions and discharge you to home. Your nurse will review your discharge instructions with you and your family/caregiver before you leave. Your recovery room nurse will call you the day you go home and again the day after you arrive at home to check on your recovery.

Prior to going home you will be given:
Discharge instructions: Detailed instructions for your care at home and what to expect along with phone numbers to call if needed. Please call your surgeon’s office if you have any questions or concerns that are not addressed in the instructions. We don’t want you to worry and wonder at home.

Post-surgery follow-up:
A nurse from Mississippi Valley Surgery Center will contact you the afternoon of discharge and the following day to check on you and answer any questions.

Your first post-operative visit to your surgeon’s office will generally be in about 2 weeks. Your appointment will be scheduled for you before you go home. Your next visit will be determined by your surgeon and the progress you have made in physical therapy.

Your first physical therapy appointment will also be scheduled for you at a location of your choice.
Going home

What to expect the day after surgery

Everyday Activities:

Showering- You may shower the day after surgery with antibacterial soap. You may not take a bath until 1 month after surgery.

Climbing stairs- When climbing stairs, go up using your good leg first; go down with your bad leg first. Please make sure to hold on to a railing when using stairs.

Sitting- Use chairs that have arms, backs and firm seats. You need the arms to help lift yourself out of the chair. DO NOT sit on low stools, low chairs or low toilets.

If you are sitting in one spot for more than 30 minutes you should do the following exercises to maintain good circulation:

- **Heel Raises** - Sit with feet flat on the floor, about hip-width apart. Lift heels so that only toes and the balls of the feet are on the floor. Hold for 5-10 seconds and lower feet back to the ground. Repeat 10 times.

- **Toe Lifts** - Sit with feet flat on the floor, about hip-width apart. Lift toes and balls of the feet so that only the heels are on the floor. Hold for 5-10 seconds and lower feet back to the ground. Repeat 10 times.

- **Ankle Circles** - While sitting, lift right leg slightly off the ground and rotate the foot clockwise, making a circle in the air. Do this 15 times clockwise, then 15 times counterclockwise. Repeat with left leg and foot.

Walking- You will begin walking the day of surgery. Each day, the distance you walk will be increased. You will learn how to walk to the bathroom, in the hallway, and climb stairs. Always use your walker or crutches and avoid over-exertion. DO NOT walk on uneven surfaces such as lawns or gravel. It is important to follow directions from your physical therapist. Physical therapy will teach you how to transfer out of bed and how much weight you can place on your new joint using a walker to move to a chair.