



## Glastonbury Surgery Center

195 Eastern Boulevard, Glastonbury, CT 06033

Phone 860-633-0003 Fax 860-633-2764

1. Enjoy a relaxing day home; avoid strenuous activity.
2. Eat lightly today and gradually increase your diet according to how you feel. You may benefit from using an over the counter stool softener to avoid the constipation effects of narcotic medication.
3. Do not drive, make important decisions, or drink alcoholic beverages for 24 hours after surgery. Do not drink alcohol if you are taking pain medication.
4. If a pain medication was prescribed, please take as directed and only if needed.
5. You may resume all of your normal medications. If you were asked to stop a blood thinner or aspirin prior to surgery, please consult your prescriber and/or surgeon on when to resume this medication.
6. Common side effects of anesthesia can last until tomorrow and include: nausea, vomiting, muscle aches, dizziness, and headaches.
7. There is always a provider on call for after hour concerns. Please call your surgeon if you experience any of the follow:
  - Uncontrolled bleeding, pain, or vomiting.
  - Temperature of over 101 or signs of infection
  - If you are unable to bear weight on your leg, if you have swelling, redness, heat, pain, cramping in your legs. This could be the sign of a life threatening blood clot, or DVT.If you cannot reach your surgeon or experience the following please call 911:
  - Chest pain.
  - Shortness of breath, difficulty breathing.
  - Changes in circulation to your surgical extremity.
8. A home care agency will be visiting you at home. This has been set up by your surgeon's office. A nurse and a physical therapist have specific directions from your surgeon on how to care for you and your new joint. If you have not already heard from them, please contact them directly at:

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9. If you have not already done so, please set up a follow up appointment with your surgeon. Please call:

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10. You are being sent home with the following over night supplies: INCENTIVE SPIROMETER,
  11. If you have been prescribed an oral pain medication, you may start it at the following time:



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12. If it is recommended, you may start a Non steroidal anti-inflammatory medication, such as ibuprofen, Advil, Motrin, or Aleve, at the following time:
13. The Glastonbury Surgery Center is dedicated to providing you with the best care after your joint replacement. We will be contacting you in the days after your surgery to ensure you are receiving the best care after your discharge from our center. **We will contact you the day after your surgery and the second day after your surgery.** We will reach out to you at one week, 30 days, 60 days, and 90 days after surgery to assure you are having a successful recovery.
14. Narcotic Disposal: Any unused narcotic medication should be properly disposed of at a local Prescription Drug Drop box. You can find the closest Drop Box by going to [www.ct.gov/dcp](http://www.ct.gov/dcp) and search for "local drug collection box," or by calling your local police department non-emergency number.

### **DVT COMPRESSION SLEEVES** –

Deep vein thrombosis, or DVT, occurs when a blood clot forms in one of the deep veins of the body.

DVT or blood clots can occur in either leg. Symptoms can include:

- Swelling
  - Pain or tenderness
  - Distended veins
  - Red or discolored skin
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- You are being sent home with portable compression sleeves that are to be worn on your calves to prevent deep vein thrombosis (DVT) or blood clots from forming.
  - These should be worn until you have returned to your normal activity. You will benefit most from these compression sleeves immediately upon discharge and in the 7-10 days post operatively.
  - The compression sleeves are rechargeable and a charger is provided in the box with your sleeves.
  - Wear the sleeves when you are sitting or sleeping.
  - You do not need to wear the compression sleeves when you are performing any activities where you are walking.



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- DO NOT place the sleeve over your surgical dressing. If you had lower extremity surgery and you have a surgical dressing that covers your calf area only place the compression sleeve on the non-operative leg.

### **INCENTIVE SPIROMETER DIRECTIONS** –

An incentive spirometer is a device that measures how deeply you can inhale (breathe in). It helps you take slow, deep breaths to expand and fill your lungs with air. An incentive spirometer is most commonly used after surgery to help keep your lungs healthy.

By using the incentive spirometer 10 times every 1 to 2 hours you can take an active role in your recovery and keep your lungs healthy. You should use the incentive spirometer for the first 7 days after your surgery.

To use the spirometer:

- Sit up and hold the device.
- Place the mouthpiece spirometer in your mouth. Make sure you make a good seal over the mouthpiece with your lips.
- Breathe out (exhale) normally.
- Breathe in (inhale) **SLOWLY**.

A piece in the incentive spirometer will rise as you breathe in.

- Try to get this piece to rise as high as you can. A good goal is 2000.

A small flat piece on the side of the spirometer will rise.

- Your goal should be to make sure this indicator stays in the middle of the indicator arrows.
- If you breathe in too fast, it will shoot to the top.
- If you breathe in too slowly, it will stay at the bottom.

When you can't inhale any more, hold your breath for 3 to 5 seconds. Then slowly exhale.