

Patient's guide to

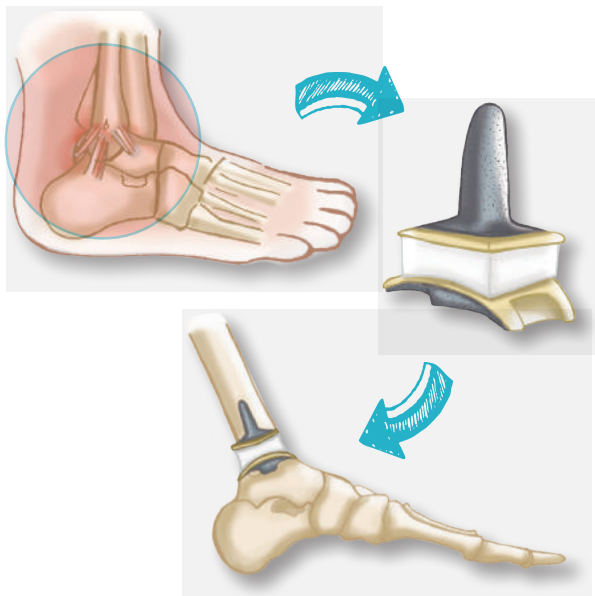
ANKLE JOINT REPLACEMENT

This guide includes important information related to your surgical procedure. **¡Please read it carefully!**



ANKLE JOINT REPLACEMENT

¿What is it?



1. Total hip replacement, or Arthroplasty, is a surgical procedure in which a damaged painful hip joint (due to arthritis, fracture, or other conditions) is replaced with a prosthetic joint that allows for pain relief and improvement of function. This prosthetic device is not visible from the outside. It is put in through the skin and soft tissues, leaving a visible scar. If medication, changes in your everyday activities, and the use of walking supports do not adequately help your symptoms, you may consider hip replacement surgery. Hip replacement surgery is a safe and effective procedure that can improve pain, movement and the general function of your lower extremity.

2. It is considered a major surgery. It carries the risk of different complications that may occur in a low proportion of patients, related to the anesthesia or to the surgical procedure. Most patients do not present any complications, but you should be aware of the related risks, including residual pain, stiffness, blood clotting, instability, leg length inequality, intraoperative fractures, infection, loosening, nervous or vascular injuries, healing problems, among others. Sometimes it might be necessary to re-operate or exchange an implanted prosthesis (Revision Surgery).

The prosthetic hip will never be the same as the original hip, however it might improve your quality of life. It must be taken care of always, avoid excessive weight, high-impact activities, or extreme turns of movement

Instructions Prior to the Day of Surgery

3. Understanding the procedure, preparing for it, and getting ready for rehabilitation is of outmost importance for a faster and better result.

Watching the instructional video, reading and understanding the recommendation guide, as well as undertaking the rehabilitation with discipline and adherence, will warrant a safe and early recovery.

1. You will receive indications to follow closely according to the type of procedure that your doctor will perform, including activities that you can perform before, during and after the surgery. Remember that there is a complete instructional video that you can watch on the hospital's web page.

You must STOP taking some medications in advance, prior to your surgery:

Stop natural remedies 30 days in advance (green tea, ginkgo Biloba, chia).

8 days in advance stop Aspirin (maintain intake only if your treating physician advises not to stop it) Allopurinol, Colchicine, Probenecid, Clopidogrel, naproxen, diclofenac.

1-2 months prior to surgery you must stop cigarette smoking and alcohol intake and keep this withdrawal until 6 months after surgery.

Biological medications must be stopped according to their half-lives as recommended. Other regular medications can be continued as regularly.

You must inform the surgical team about all your current medical conditions, known adverse reactions, previous surgery related complications, and regular prescribed medication without exception.

4. On the day of admission, you must bring all diagnostic images previously taken including X-rays, CT scans, and MRIs

5. At home you must have available Alcohol-based Hand Rub (antiseptic rub) to be applied by the patient and by the people assisting them. Everyone who comes in contact with you must rub their hand with this antiseptic.

6. DO NOT consume any liquids or solid food in the 8 hours prior to your surgery.

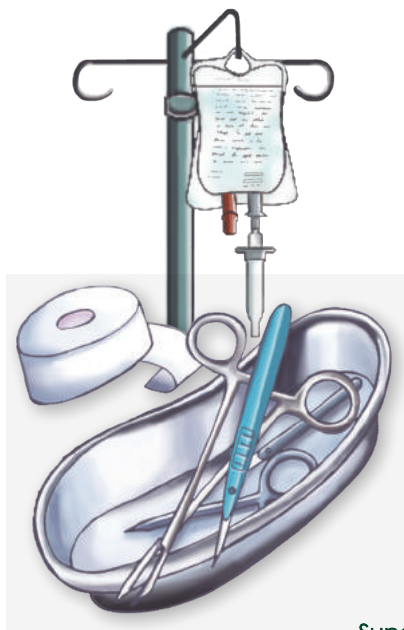
7. Remove all nail polish, make-up, jewelry and body piercings.

8. Do not shave or pluck the surgical area.

9. Do not put lotion around surgical area.

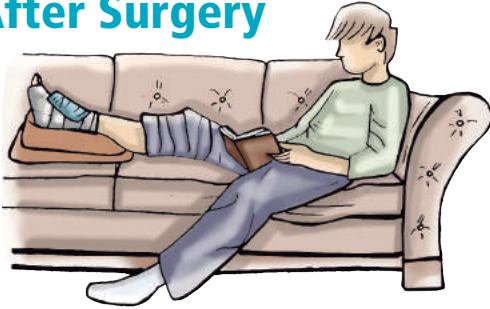
10. Remove lenses, hearing devices and dentures

11. On the day of surgery you must bring a Walking brace and a Walker .



Caring for Yourself

After Surgery



12. Work leave will be between 30 and 90 days, depending on the decision of your doctor, the progression of your recovery, and the job you carry out at work (you must establish a back-up plan)

13. You will need a Walking brace or Cast, that you may remove only when your doctor allows you to do so (around 4 to 6 weeks). Try to stay on foot for long periods

14. Keep your leg elevated for 3 days after the surgery. Put it on top of pillows as you are sitting or lying down. This will help to lower the swelling.

17. Follow all the exercise instructions that the doctor indicated

18. You may walk around with the help of crutches or a walker, immediately after surgery. You may walk around your house and use the bathroom.

7-15 days after the surgery, the dressings and sutures will be removed during the first post-op visit. After this is done, you can shower normally.

19. The surgical wound must not be touched. It must remain covered with the dressings put on the day of surgery or before discharge. It must not be washed or damped. The dressing should only be removed if the wound is to be checked by a health care practitioner and only under sterile conditions.

20. You may move all extremities after surgery.

21. After stitches are removed, you will wear a brace with partial weight bearing for for an additional 4 weeks

22. Indications for Emergency Room visit include a red wound, constant drainage, severe pain, body temperature above 38°C, pain does not yield to medication, extreme swelling of limb, or chest pain

23. The speed of recovery is different for every patient. All patients will attend the physical therapy service after dressings and stitches are removed.

24. The return to work, sexual activities, sports and driving will depend on the treating doctor.

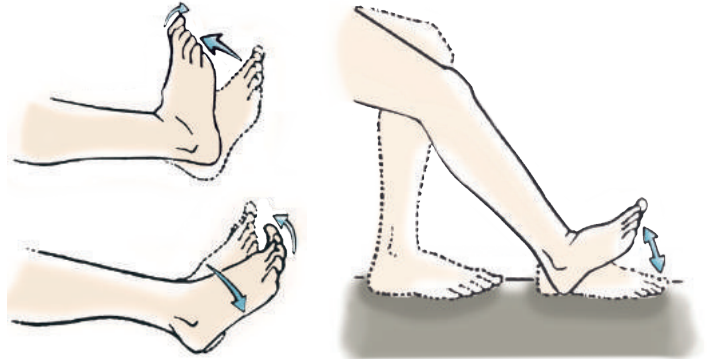
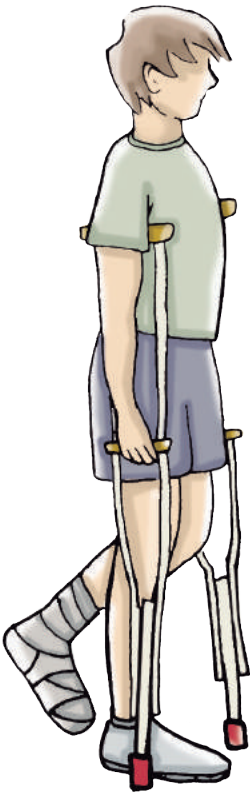
25. As long as it is possible, you should always avoid high impact activities, or high stress loading to your hips. Keep the "saving measures" always (low body weight, avoid repetitive climbing, avoid unnecessary long-distance walk). Avoid and immediately address any infection in your body.

26. Do not come in contact with animals or pets for 15 days.

Physical

Therapy Recommendations

Tomar aines o medicamentos para el dolor previo a iniciar su sesión de fisioterapia.



- **Initiate immediate** ankle movements. Avoid load bearing. At second week stitches will be removed .
- **At twelve weeks** you may restart recreational activities
- Rehabilitacion is continuous.
- Avoid high impact sports.
- Consult your surgeon before starting a new sports activity.
- Do not lift heavy objects

VIGILADO Supersalud

Attention to Patients

In hospital:
Monday 1:00 p.m. a 3:00 p.m.
Consulta Externa 2° Piso

Phone and Whatsapp
Tuesday through Friday
1:00 p.m. a 3:00 p.m.

Contact

☎ 2959000 Ext. 9240 📞 320 704 9057
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INSTRUCCIONES para pacientes

Prótesis Articulares

Clínica



El Rosario

Amor que Acompaña y Servicio que Alivia

