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## Pre-Operative Information for Hip and Knee Replacement Surgery

In order to provide you the best possible surgery and recovery, we want you to be in your best possible health before your joint surgery.

### Please consider these issues prior to surgery:

- **Possible infection.** A sore tooth, urinary symptoms, toenail problems, skin sores, or sinus drainage can all be signs of infection that may adversely impact your surgery. Any infections need to be evaluated and resolved several weeks before your surgery. **Call Dr. Baran's office if surgery is scheduled in the next month and you are being treated with antibiotics by an outside provider or have concerns such as those listed above.**
- **Routine health care due in the next 6 months.** If you expect to need care such as dental cleaning, colonoscopy, a podiatry visit, skin biopsy, or an invasive procedure, plan ahead. These visits should be completed before surgery or delayed at least 3 months after surgery.
- **Tobacco exposure.** Studies show that you will heal faster and have less risk of surgical complications if you can avoid tobacco exposure in the weeks before surgery. Quitting is recommended and, at minimum, you should not use any nicotine containing products (including tobacco, nicotine gum or lozenges) for 6 weeks before and after surgery. We want to help you avoid the increased risk of infection and poor wound healing associated with smoking and nicotine; if you need additional help or information on quitting, please let us know or speak with your primary care physician.

**Medications before Surgery:** If you take any of the following, please discuss with Dr. Baran prior to surgery.

- Blood thinner medicines (**Plavix, Coumadin, etc.**)
- Medications (**Imuran, methotrexate, Arava, Humira, Enbrel, Remicade, SIMPONI, Rituxan, etc.**) for Rheumatoid Arthritis.

### Leg Swelling:

Surgery and recovery will be better if you have addressed any troubles with leg swelling prior to surgery. Your doctor may have advised dietary treatment, medications, stockings, elevation of leg above your heart, or wraps for leg swelling.

### Day before and Day of Surgery:

- Perform the **antibacterial cleansing** as instructed the night before and again in the morning before coming to the hospital.
- **Follow the eating and drinking instructions as outlined in the preoperative information packet and discussed at the total joints class.**
- Please bring your walker/crutches with you to the hospital if you own them.

### Phases of Recovery:

Recovery from a total joint replacement takes approximately 1 year! Milestones of recovery after surgery:

- **Leaving the hospital:** Usually after a 1 night stay!
- **Phase 1:** First 6 weeks. Improvements seen on a **day-to-day** basis. This is when you will need help after surgery.
- **Phase 2:** 6 weeks to 3 months. Improvements on a **week-to-week** basis. You are only 85% improved at your 3-month follow-up visit! Usually you are better than before surgery but... Remember it takes a whole year of recovery after a joint replacement!
- **Phase 3:** 9 months to 1 year. Improvements on a **month-to-month** basis. You are slowly gaining strength and endurance as you get back to your activities in life. **Remember, it takes a whole year!**

### Care in the first few weeks after leaving the hospital:

- **Specific and detailed instructions** regarding wound care, activities, medications, blood clot prevention and follow-up will be given to you in the hospital.
- **Help needed during recovery:** You will need some help with dressing, bathing, food preparation, and daily activities after leaving the hospital for the first 2-4 weeks. Patients should not be alone for more than 3-4 hours at a time. We recommend that someone should stay with you in your home during that time, or you should stay with someone else in their home.
- **Driving:** For surgery on the right hip or knee, patients typically need to wait until 6 weeks after surgery. For surgery on left knee or hip, patients may drive when off narcotics and feel safe to drive and emergently stop or exit the vehicle. Remember, it is against the law and you may not drive at any time while taking narcotic pain medications.

### After Surgery:

- **Follow-up with Dr. Baran:** In general we will see you in clinic 2 weeks after your surgery and 6 weeks after surgery. A 3-month follow-up will be scheduled if needed. Further follow-up appointments occur at 1 year, 2 years, 5 years and then every 5 years UNLESS you develop a problem.
- **Antibiotic prophylaxis:** Avoid any invasive procedure (dental work, colonoscopies, urinary procedures) for 3 months after your surgery. In the future, you will need to take a single dose of antibiotics one hour before dental or urinary procedures.