

DR JASON CRANE

ORTHOPAEDIC SURGEON



MBChB, MMed, FC Orth (SA)
Practice No: 0280000324183

JOINT REPLACEMENT SURGERY

You have just undergone a major joint replacement, it is usual for you to experience some pain or discomfort. Take your prescribed pain killers regularly before the onset of pain. If the pain is severe and is not relieved by strong pain killers, then please phone myself or the emergency department.

After your operation you will experience swelling, the area will look bruised and there may be a small amount of blood on the wound dressing. Do not take off the dressing and do not get the dressing wet. If you are concerned about extensive bleeding or a wet dressing please contact your GP or emergency department to change the dressing for you.

Please elevate your leg and apply the ice pack that you have received onto the wound for 20 minutes every hour. You have been given crutches to aid balance and take the weight off the injured limb. Please use these for 6 weeks unless otherwise discussed with me. The physiotherapist will discuss all the do's and don'ts with you as well as help you to modify your activities of daily living.

Ensure that you wear your compression stockings at all times, and make sure you take your prescribed blood thinning medication (Xarelto) for the entire prescribed time, to avoid the complication of deep vein thrombosis.

You have been given a follow up appointment between 10 and 14 days after the operation, at this time I will remove the dressing, check the wounds and if indicated send you for a follow up x-ray.

Room 2012 Cape Town Medi-Clinic • 21 Hof Street Oranjezicht 8001

T +27 21 426 2233 F +27 21 426 6677 C +27 84 403 3617

E-mail: orthopaedics1@telkomsa.net www.capetownorthopaedic.co.za
