



SPECIALISTS IN THE
MEDICINE OF *motion*



David Beard, MD

Joint Replacement Surgery &
Sports Medicine

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, and joint replacement surgery. We encourage you to learn more about Dr. Beard, your condition, and access links to help helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



OCR

ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES



POST-OPERATIVE - TOTAL KNEE / TOTAL HIP

Blood Clot Prevention After Surgery:

- Adult Aspirin 325mg 2 times a day for 4 weeks
 - 1 in the morning, 1 in the afternoon
- You will be discharged with TED Hose on both legs; these will also help with blood clot prevention and will be worn for 4 weeks

General Information:

- Most incisions will be closed by a product called a “zip line” - this replaces the staples we used in the past. We still ask that this area stays dry.
- With total knees, we ask that a dry wash cloth be applied over the incision and then saran wrapped to hold the washcloth in place. This will keep your incision dry for the shower.
- Please do not apply any ointments on or around the incision area.
- Stop all Advil and like products 5 days before surgery. Please give 24 hours for prescription refills.
- True elevation and ice will help with the pain and swelling. Elevate from the heel and support the back of the knee with pillows.
- If you or any family members have questions or concerns, please call me: Elicia, RMA @ 970-419-7134