



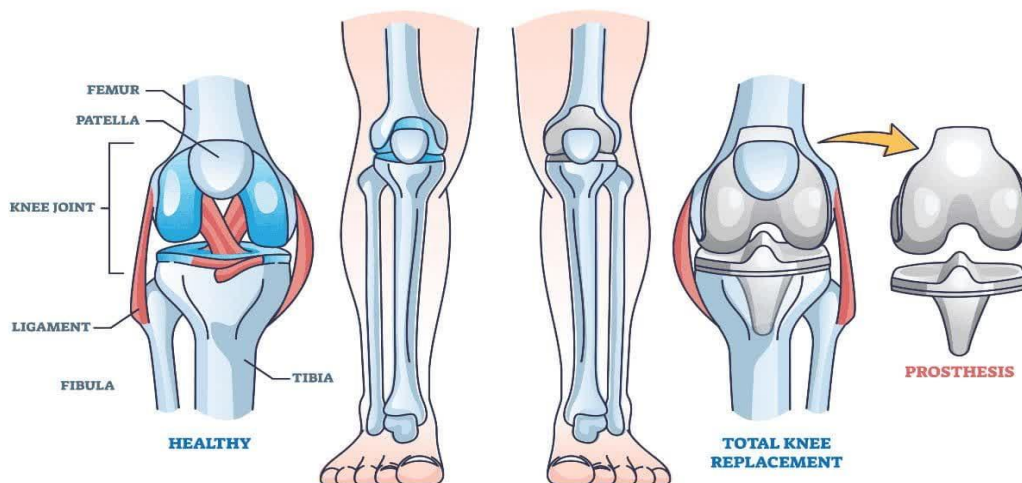
## ISFAHAN MILAD HOSPITAL

### Knee Replacement Surgery: Overview and care instruction

#### What is Knee Replacement Surgery?

Patients who suffer from severe knee pain caused by injury, trauma, chronic diseases, or knee wear due to aging or obesity—and for whom conventional treatments are not effective—undergo knee replacement surgery.

### TOTAL KNEE REPLACEMENT



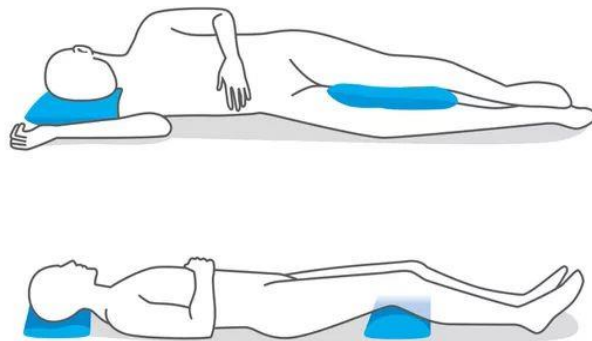
### Postoperative Care:

1. Do not eat or drink anything until you are fully conscious. Then, with the doctor's order and the nurse's permission, a liquid diet will be started, followed by a regular diet if there are no problems.
2. It is recommended to consume foods rich in iron such as meat and liver, and fruits rich in vitamin C such as citrus.
3. Drink plenty of water.
4. Watch your weight.
5. Consume low-fat dairy products such as milk, cheese, and yogurt, which are high in calcium.

### How Should I Walk and Move After Surgery?

1. Immediately after regaining consciousness or when the numbness in your legs wears off, you can begin contracting the muscles of your thighs and calves.
2. A pillow is placed under the ankle of the operated leg.

#### ✔ Correct Sleep Posture



3. Wearing anti-embolism stockings on the healthy leg is essential to prevent blood clots.
4. Walking begins the day after surgery with your doctor's approval and with the assistance of a nurse. You will walk using a walker or cane.
5. During the first week after surgery, use a walker. Do not walk with a bent knee. Do not drag your operated leg; lift one foot and step forward.

6. From the second week, use a regular cane and hold it in the hand opposite to the operated leg.

7. After about one and a half months, if your knee is in good condition, you can walk without a cane.

8. Use a western (sitting) toilet.

### **How to Take Care of the Surgical Wound:**

- After surgery, a dressing will be placed on the surgical site. Do not remove or wet the dressing until your doctor allows it. Keep the area clean and dry.



- Dressing changes must be performed at home by a skilled and experienced person, and strictly according to your doctor's instructions.

- Showering should only begin with the doctor's permission.

- If you notice foul-smelling discharge on the dressing, increased pain, swelling, redness, or fever, consult your doctor immediately.

- Depending on the doctor's advice, a waterproof dressing may be used.

### **What Medications Should I Take at Home After Surgery?**

1. To prevent blood clots, you need to use anticoagulant medications (oral or injectable) for two weeks after surgery.

2. Oral antibiotics and painkillers must be taken as prescribed.

3. If you have diabetes or high blood pressure, continue taking your regular medications as before.

### **What Are the Benefits of Physiotherapy After Surgery?**

Performing physiotherapy after knee replacement is one of the most important parts of recovery and must be done for a prescribed period.

Physiotherapy helps strengthen knee muscles and improve mobility limitations, enabling the patient to return to daily activities soon.



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### **What Should I Avoid Doing After Surgery?**

- Sitting or sleeping on the floor
- Sitting cross-legged or on bent knees
- Using squat toilets
- Excessive stair climbing
- Sudden twisting of the knee
- Intense or heavy exercises

### **When Should I Contact My Doctor?**

1. Increased warmth, redness, swelling, or discharge from the surgical wound
2. Breathing problems or chest pain
3. Increasing pain in the operated knee
4. Dizziness or confusion
5. Fever above 38°C
6. Bleeding

### **Contact Information:**

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## ISFAHAN MILAD HOSPITAL

### Hip Replacement Surgery: Overview and Care Instructions

#### What is Hip Replacement?

The hip joint connects the thigh bone (femur) to the pelvis. The top of the femur is round and fits into a socket called the acetabulum, forming a ball-and-socket joint that allows rotational movement. Hip replacement surgery is an orthopedic procedure performed to relieve severe, irreversible pain and damage in the hip joint. During the surgery, the damaged joint is removed and replaced with an artificial prosthesis, which typically consists of two parts: a cup-shaped component that replaces the acetabulum (lined with polyethylene, a type of plastic) and a metal ball that replaces the femoral head, attached to a metal stem inserted into the thigh bone.

#### Causes of Hip Joint Damage

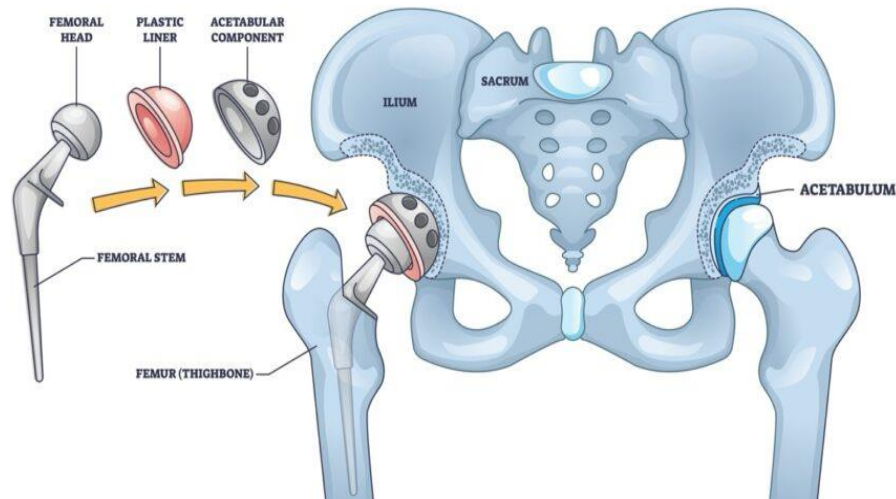
The most common cause of hip joint damage is osteoarthritis (wear and tear). Other causes include:

- Necrosis (death) of the femoral head, often due to corticosteroid use
- Deformity of the acetabulum
- Congenital hip dislocation
- Improper healing of acetabular fractures
- Rheumatoid arthritis

#### Possible Complications of Hip Replacement Surgery

- Leg length discrepancy after surgery
- Dislocation of the femoral head
- Infection
- Fracture around the prosthesis
- Nerve injury

# TOTAL HIP REPLACEMENT

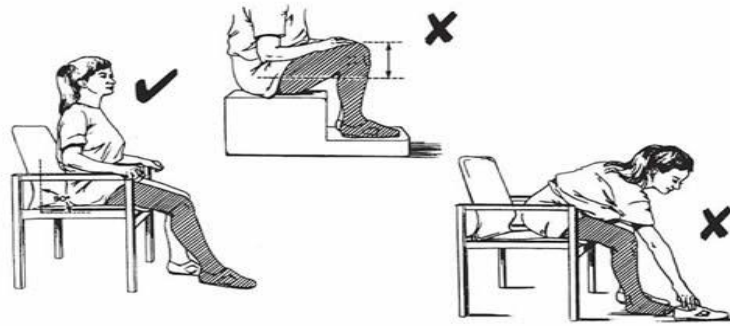


## Diet Recommendations After Surgery

- Consume a high-protein, high-calorie diet to help heal soft tissues and bones.
- Eat fiber-rich foods like fruits and vegetables and drink plenty of fluids to prevent constipation.
- Include vitamin C-rich fruits (e.g., citrus) to promote faster wound healing.
- Avoid substances that cause calcium loss in urine, such as coffee, soft drinks, and alcohol.

## Post-Operative Care Instructions

- Avoid raising the head of the bed more than 60 degrees.
- For at least two months, avoid lying on the operated side or placing the operated leg over the other leg.
- When lying on your back or side, place a pillow between your calves for at least 6 weeks to keep your thighs slightly apart.
- Avoid bending the hip more than 60 degrees for the first 10 days and more than 90 degrees for 2 to 3 months after surgery.
- Do not excessively rotate your operated leg inward or outward while sitting or standing.
- Avoid bringing your legs close together when walking, sitting, or lying down.
- Sit only on chairs with armrests for 3 months after surgery.
- Use a firm chair with a seat slightly higher than usual; avoid soft or low sofas.



- Do not cross your legs while sitting, as this increases the risk of dislocation
- Continue taking all prescribed medications, including those for chronic conditions like diabetes and hypertension.
- Begin pelvic muscle strengthening exercises a few weeks after surgery under medical supervision.
- Change dressings daily or as instructed, using sterile techniques, especially if bleeding occurs.
- Stitches are usually removed 2 to 3 weeks after surgery.
- Move your ankles and knees regularly while in bed to prevent blood clots.
- When sitting outside, place a firm pillow on seats so your knees remain lower than your hip joint.

### **When to Contact Your Doctor**

Seek immediate medical attention if you experience:

- Excessive bleeding or discharge from the surgical site
- Uncontrolled pain or swelling
- Coldness, paleness, or numbness in the operated limb
- Dislocation of the hip joint
- Signs of infection such as fever, chills, redness, pus discharge, or tenderness near the surgical area

### **CONTACT INFORMATION:**

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