



# SISTERS OF CHARITY PROVIDENCE HOSPITALS

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803-256-4107

## DISCHARGE ORDERS/INSTRUCTION SHEET

(Updated 6/8/2008)

**NOTE: PLEASE PROVIDE COPY OF THIS FORM FOR THE PATIENT AT DISCHARGE.**

### 1. Suture Removal

\_\_\_ The hospital Case Manager will arrange a Home Health Nurse to remove sutures on \_\_\_\_\_ . If the nurse does not arrive as scheduled, please call us.

\_\_\_ If a follow-up appointment has not already been scheduled, call for appointment to be seen in \_\_\_\_\_ weeks.

2. **Home Physical Therapy:** \_\_\_None \_\_\_Twice \_\_\_ Daily (1 week), then 3 times/ for 3 weeks.

3. **Equipment:** Social Worker will help you arrange the following aids and appliances at discharge:  
\_\_\_ 3 in 1 bedside commode \_\_\_walker \_\_\_crutches \_\_\_ cane \_\_\_ice machine (use as needed for comfort) \_\_\_grabber (reacher) and sock cone

**Other Items:** \_\_\_\_\_

### Home Care

### 4. Wound Care

- ✓ Keep Acticoat dressing in place for 7 days post hospital discharge. Keep Tegaderm in place over small top incision for 7 days. You may shower with these dressings in place.
- ✓ Change the dressing as needed if it becomes soiled. Paint incision with Betadine, and then apply a standard gauze dressing.
- ✓ After 7 days you may shower without dressing the incision, leave the wound open to the air unless there is drainage. Do not soak in the tub, swim, or use a hot tub until 4 weeks post op.
- ✓ After 4 weeks you may soak the wound in a tub bath.
- ✓ If there is an increase in redness, drainage or fever above 101 degrees F., uncontrolled pain, call our office

### 5. Medications

In addition, you may take the following:

\_\_\_ Resume all post op medications **except:** \_\_\_\_\_

\_\_\_ Pain Medications: \_\_\_\_\_

Decrease the amount of this medication taken over the next week.

\_\_\_ Iron supplement – 1 by mouth daily for 4 weeks.

\_\_\_ Arixtra 2.5mg subcutaneously into abdomen daily at \_\_\_\_\_ for 10 days, then start Aspirin.

\_\_\_ Aspirin (may be coated or buffered). One tablet 81mg every **other** day for 4 weeks, after completion of Arixtra or Lovenox.

\_\_\_ Lovenox 40mg subcutaneously into abdomen daily at \_\_\_\_\_ for 10 days, then start Aspirin.

\_\_\_ Please do not have any routine dental work done in the next 6 weeks. If you have a dental emergency please be sure to use antibiotics.

\_\_\_ Others: \_\_\_\_\_

### 6. Medications to Avoid

- ✓ Immunosuppressants such as Embrel and Methotrexate for 2 months post op *unless you are a transplant patient*
- ✓ Cigarette smoking for 6 months

### 7. Activity and Weight Bearing

- \_\_\_ Keep the operated leg/arm elevated as often as possible.
- \_\_\_ Follow instructions, precautions and exercises given by Physical Therapist. (See Exercise instruction sheet).
- \_\_\_ You may put full weight on your leg.
- \_\_\_ You will not do any harm to your hip by side lying on either side. However, it may be uncomfortable to lie on the operative side for several months.
- \_\_\_ Driving: You may begin driving an automatic car at any time after you go home.  
If your surgery was on the right leg, you must feel comfortable using your left leg for the brake.
- \_\_\_ Please follow a progressive walking program and wean off your walker/crutches. Target goals are crutches week one, a cane weeks 2 & 3, then cane for long walks, and walking 1 mile everyday at weeks 5 & 6.
- \_\_\_ Restrict weight bearing on the operated leg to \_\_\_\_\_.

### 8. Telephone Calls

If you have questions after discharge, please call our office (803-256-4107). In the event of an emergency, Dr. Gross or one of his associates can be reached 24 hours a day through the exchange at the same number.

### 9. Traveling Home

If you are flying home:

- ✓ You do not need to use the ice machine on the plane; you should check this on the plane with your luggage.
- ✓ Stay hydrated, this will prevent a host of post op complications
- ✓ Ask for the bulkhead seat, this will give you more leg room
- ✓ You do not need an elevated commode seat on the plane, simply stretch your operative leg forward and this will accommodate the 90 degree rule
- ✓ If you have a lay over, elevate your leg as much as possible
- ✓ Every hour do the ankle pumps
- ✓ Do not fly home if you have a severe headache, uncontrolled pain or are vomiting, call our office

If someone is driving you home:

- ✓ The ice machine is optional, if you would like to use this on the trip home, use the hand pump that is supplied
- ✓ Stay hydrated, this prevents a host of post op complications
- ✓ You may sit in the front seat with the seat pushed all the way back or in the back with your leg elevated on pillows
- ✓ It is not necessary to use an elevated commode seat, use the handicap restroom and stretch your leg forward to accommodate the 90 degree rule
- ✓ It is not necessary to get out of the car and walk, every hour you should do the ankle pumps

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MD or NP signature/Date