

MATTHEW B. HOWARD

M.B., B.S., (Hons) F.R.A.C.S. (Orth) F.A. Orth.A.

ORTHOPAEDIC SURGEON

Shoulder Arthroscopy, Reconstruction & Joint Replacement Surgery

Hip & Knee Reconstruction & Replacement

Total Hip Replacement

Post-Operative Patient Information

At the time your surgery is booked some preoperative tests will be arranged. It is usual for patients to attend the pre-admission clinic at Calvary Hospital where preoperative checks and an ECG are attended. If there are any detected problems these will be sorted out prior to surgery.

In general, patients are admitted on the day of their surgery. It would be reasonable to expect discharge on approximately day 4 to day 7.

On the day of your surgery you will return to the ward from the operating theatre. There will be dressings on your hip. There will be a drainage tube coming from the wound. A urinary catheter may have been utilised. Elastic stockings will also be applied to both your legs to attempt to reduce the risk of deep venous thrombosis.

Patients are mobilised on the night of the surgery and certainly by the 1st post-operative day. On the 1st post-operative day the drain exiting the wound and any urinary catheters will be removed. The dressings generally stay intact for the first few days. Physiotherapy will commence immediately on the ward following surgery. X-rays and post-operative bloods are attended on day 2. Once you are safe with or without the use of crutches or walking aides, under the supervision of the physiotherapist you will be discharged from Calvary Hospital. An appointment will be made to see Dr Howard in approximately 6 weeks.

It is generally hoped that compression stockings on your legs will be used for 6 weeks. You should avoid lying on the side of the surgery for a similar time frame. Once you have leg control it is possible to drive. This is generally around about the 5-6 week mark. You should avoid sitting in low chairs. Abnormal posturing of the operated limb should also be avoided. Regular mobility is encouraged.

If there are any problems after discharge please contact Dr Howard in the rooms on 02 69253 707.

It is possible to make contact with Dr Howard via Calvary Hospital after hours, in addition to this.