



OrthoVirginia

West End Orthopaedic Clinic

Harry J. (Chip) Shaia, M.D.

General Orthopaedics

Total Joint Replacement

Sports Medicine

Discharge Instructions for Dr. Harry Shaia's Total Joint Replacement Patients

- Be sure to lay down twice each day for 3 hours with your feet elevated up above the level of your heart.
- Walk a little bit more each day as your pain and endurance allow.
- Change the bandage on your incision as needed but at least once daily until there is absolutely no drainage from the incision for at least 2 days. Then you may leave it open to the air. Once there has been no drainage for 3 days, you may get the incision wet in the shower. **DO NOT SOAK OR SUBMERGE THE INCISION.**
- Do not sit with your feet down on the floor for more than 30 minutes at a time.
- A nurse will come into your home on Monday's and Thursday's to draw your blood. We will use this information to adjust your coumadin as needed.
- If you have staples, a nurse will come into your home to remove your staples 2 weeks after your surgery.
- Follow-up with me in my office 3 weeks from the time of your surgery.
- If you have any questions: during work hours call my office (804-545-0215), or after hours call the joint unit (804-967-5300) and they will contact me if I am available.