

Burke & Bradley Orthopedics

200 Medical Arts Bldg, Suite 4010

200 Delafield Rd

Pittsburgh, PA 15215

Phone: 412-784-5770

Fax: 412-784-5776

Charles J. Burke III, M.D.

Mark D. Athanas, PA-C, ATC

Home Care Instructions for Total Joint Replacement

- Patients discharged from hospital over the weekend should receive a call from the Home Care Nurse & Physical Therapy on Monday after discharge to arrange for Home Care visits & PT.
- Home Care Nurses should provide the following:
 - Wound checks & Dressing Changes. Once wound is without drainage, no further dressings are required.
 - Patient may shower & get wound wet after POD #3 if there is no active drainage. Pat wound dry & leave open to air. No ointments. No soaking, swimming, or hot tubs.
 - Staples should be removed from home care nurse 14 days from surgery date. Apply steri-strips as necessary.
 - Blood draws should be obtained on Mondays & Thursdays of each week with PT/INR results faxed to the patient's family physician to monitor anti-coagulation status. (The office telephone & fax numbers should be provided from the hospital when the home care consult is arranged).
 - Patients should receive instructions from their family physician regarding their coumadin dosages after blood is drawn. (Target INR range is 1.8-2.2) If INR is severely elevated, please contact family physician to notify of results & further instructions/dosages.
- Physical Therapy should provide the following:
 - Home visits 2-3 times/week.
 - Modalities, ROM, Gait training, Transfer training, Therex
 - Outpatient therapy will begin in 4 weeks once patient returns to Dr. Burke's office for their first post op visit.