

AFTER SURGERY

In this section, you will learn about:

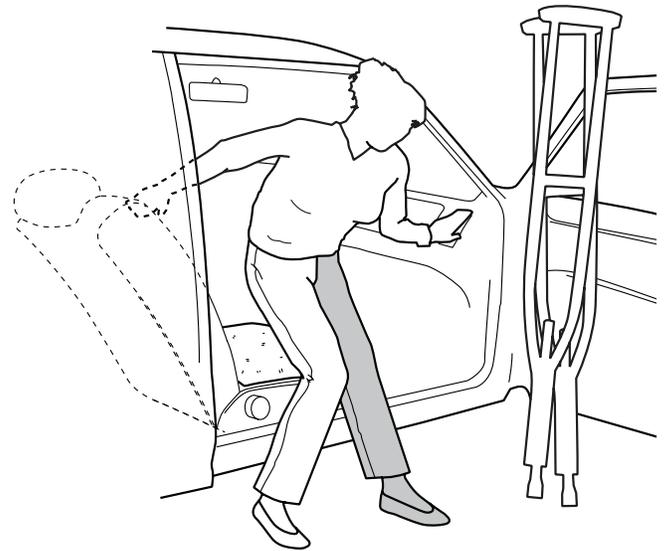
- Physiotherapy Follow-up
 - Transportation
 - Everyday Activity Guidelines
 - Equipment Checklist
 - Potential Complications and How to Prevent Them
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TRANSPORTATION

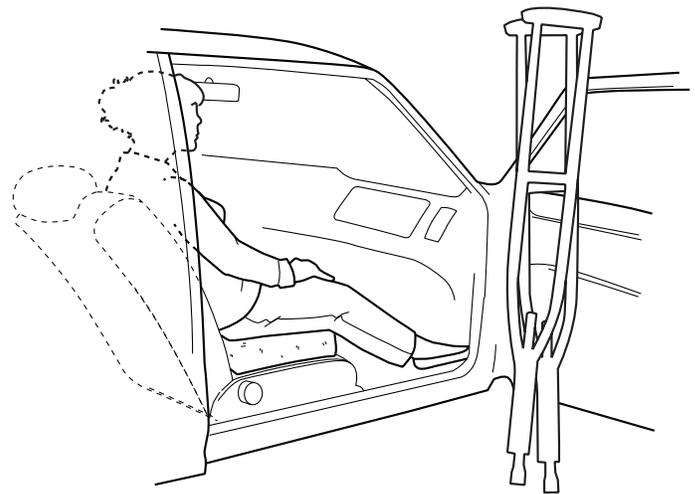
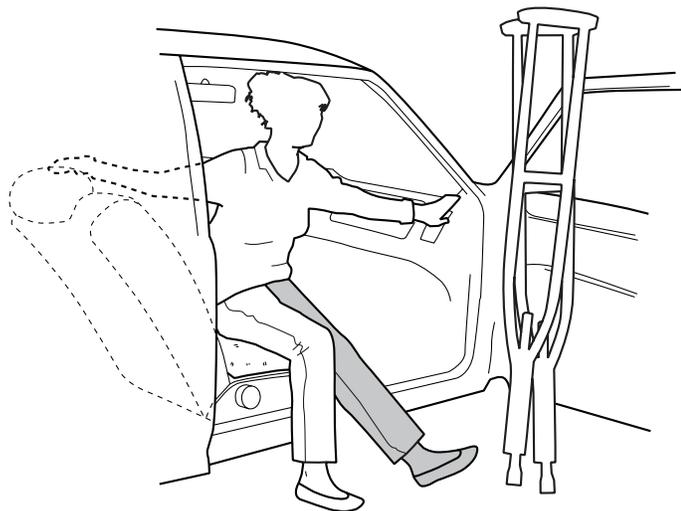
You should not drive any vehicle for at least 6 weeks after your surgery. Your surgeon will advise you further at your 6-week check-up.

To get into the car as a passenger:

- Have the driver park away from the curb if using a car. If you are using a van, SUV or truck, use the curb to stand on. If a curb is not available, bring a step stool or short box to step onto when getting in or out of the vehicle.
- Make sure the seat is pushed back as far as possible to give maximum leg room.
- Recline the back of the seat a little, so that you will not bend more than 90° as you turn and swing your legs.
- If the car seat is low, use a firm cushion to raise the height.
- Stand with your back to the car so you feel the seat touching your legs.
- Lower yourself slowly, keeping the operated leg forward.
- Slide well back in the seat.
- Swing your legs into the car gently as you turn to face forward.
- You may find it easier to transfer if you place a 'slippery' material over the seat or cushion (example: plastic garbage bag).



To get out of the car, use the same steps, in the opposite order.

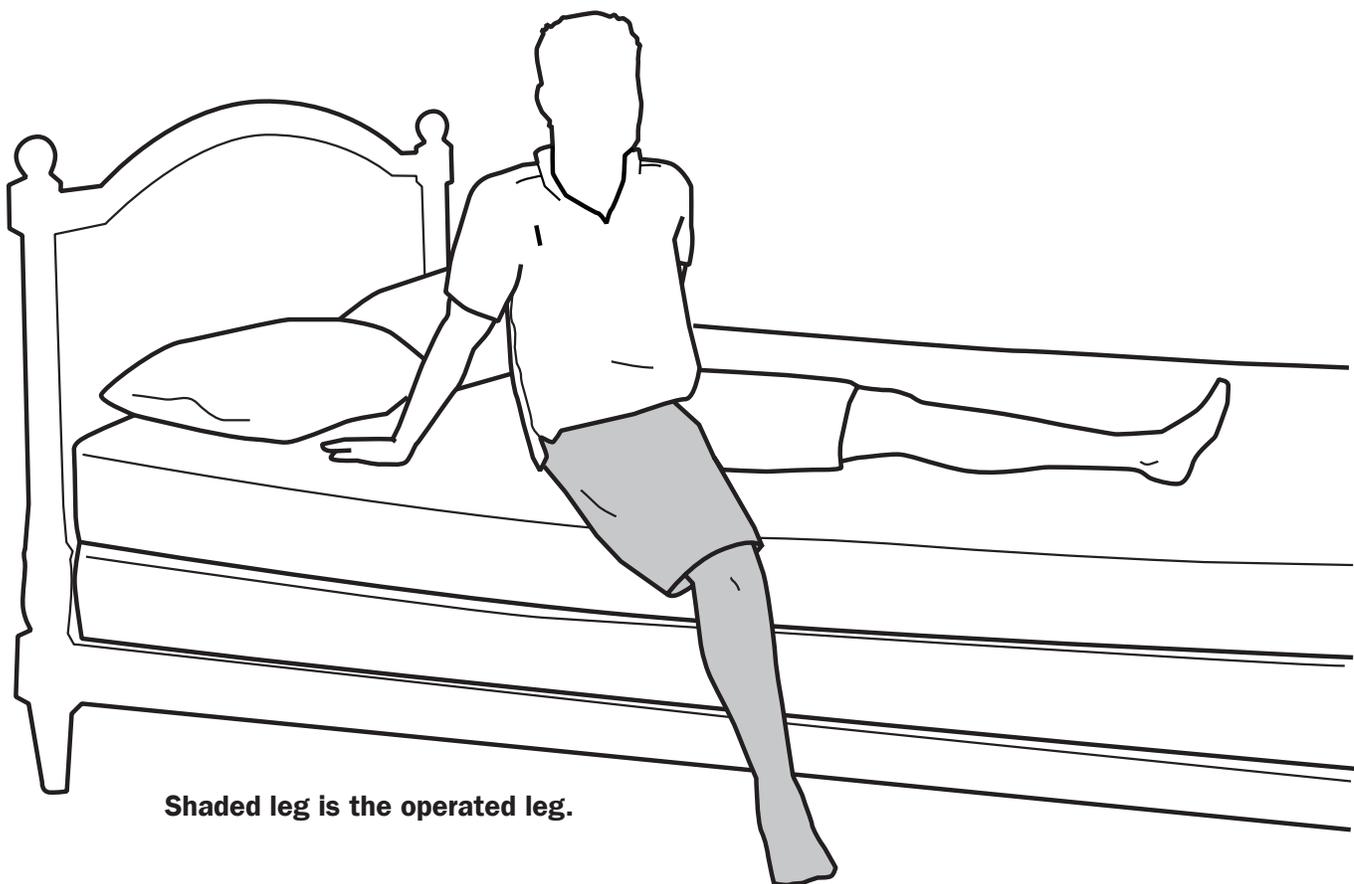


Shaded leg is the operated leg.

EVERYDAY ACTIVITIES GUIDELINES

Getting into Bed

- Sit at the side of the bed. It may be easier to get into bed on your stronger side.
- Slide back across the bed, using your arms for support.
- If necessary, a half bed rail can allow you to get in and out of bed more easily.
- Lift your operated leg into bed, or use a “leg lifter” if needed.



Getting Out of Bed

- Slide your body to the edge of the bed
 - Use your arms to push yourself to a sitting position.
 - Slide your operated leg off the bed
 - Bring your body to a sitting position at the bedside
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Bathing

- You must not get your incision wet. This means that at first you should sponge bathe.
- When the nurse removes your staples or stitches, you will be advised if you can get the incision wet.
- If you want to shower in the bathtub, you may need to use a bath bench. If you have a walk-in shower, you should use a seat with arms, or a chair and a grab bar to get up and down safely. A long-handled bath sponge can be used to wash your legs and feet.
- Never use soap dishes or towel racks to hold onto. Serious injuries have occurred because they do not support a person's weight. Professionally installed grab bars should be used.
- You may shower while standing, provided that a rubber mat is used to prevent slipping.

Sitting Down

- Use a firm chair with arm rests
- Back up to the chair until you feel the edge behind your knees
- Move your operated leg forward and reach back for the arm rests
- Slowly lower yourself into the chair



Shaded leg is the operated leg.

Stairs

While you are in the hospital, your physiotherapist will teach you how to go up and down the stairs.

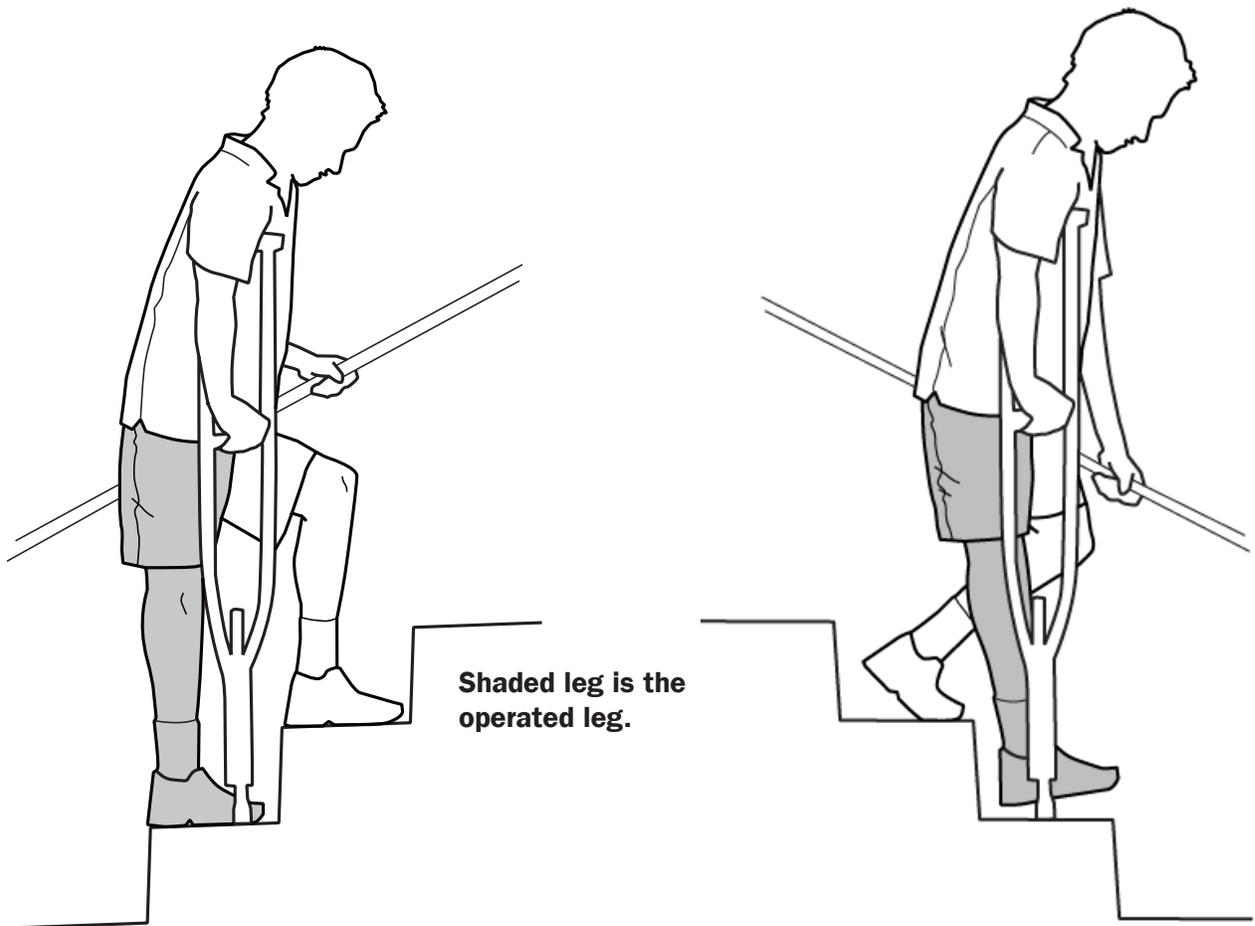
A handrail will make it easier and safer for you. Simply place one hand on the railing and both crutches (or canes) on the other side of your body. If you do not feel safe on stairs, have someone assist you.

Going UP the stairs:

- Use a handrail and/or crutches (cane)
- Step UP with your good (non-operated) leg first
- Follow with your operated leg and crutch (cane), one stair at a time

Going DOWN the stairs

- Use the handrail and/or crutches (cane)
- Place your crutch (cane) on the step below
- Step DOWN with your operated leg first
- Follow with your good (non-operated), one stair at a time



Remember- Good leg (non-operated) leads going up and bad (operated) leg leads going down.

Equipment Checklist

This is a list of equipment that you might find helpful to use after your surgery. Your physiotherapist or occupational therapist can make recommendations for you. Please refer to the list of vendors in North Bay below.

Bathroom

- Raised toilet seat (With or without armrests)
- Toilet safety frame
- Non-slip bathmat
- Long-handled sponge
- Hand-held shower hose
- Shower chair
- Tub Transfer bench
- Removable tub clamp
- Grab bars

Dressing Equipment

- Sock aid
- Elastic shoelaces (otherwise use slip-on shoes with an enclosed heel)
- Long-handled shoehorn
- Long-handled reacher

Other

- Urinal
 - Commode
 - High-density (firm) foam cushion
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