

Bret H. Dales, M.D.
Marc R. Davidson, M.D.
Jeffreys D. Albright, M.D.
Derek J. McCammon, D.P.M.
Taylor J. Bunka, D.P.M.
Jess Meyer, P.A.-C
Julie Proctor, F.N.P.



24076 S.E. Stark, Suite 110
Gresham, Oregon 97030
Phone (503)661-5388
Fax (503)666-9393
Surgery Scheduling (503) 661-7838

THINGS TO KNOW ABOUT YOUR TOTAL JOINT SURGERY

- 1) Shower with Hibiclens for 3 days prior to your surgery. This can be purchased over the counter at your local pharmacy or it may be given to you at your pre-operative appointment.
- 2) If your MRSA nasal swab is positive we will contact you to use Mupirocin 2% ointment in each nostril twice a day for 5 days.
- 3) Your staples should come out 10-14 days after surgery. If you have home health physical therapy, they will typically remove your staples. Please call our office for an MA visit to have them removed.
- 4) Some patients will need physical therapy from a home health agency to come out to the home after surgery to work with them. Most patients will be able to go directly to outpatient physical therapy. If you know you are supposed to get home health physical therapy and you haven't heard from them in 1-2 days please call us.
- 5) You will need TED hose (heavy stocking) for 1 month after surgery. The hospital will supply you with a pair. You can purchase a 2nd pair at the pharmacy so you have some to wear while laundering the other. This is important and helps to reduce the risk of blood clots and helps with swelling.
- 6) While you are in the hospital you will be using a Kendall SCD 700 Series DVT compression machine with calf boots. A **Joseph Medical** representative will contact you prior to your surgery to set you up so you can have the machine at home. You will wear them for 2 weeks after surgery. This will help reduce the risk of developing blood clots post operatively. You will be supplied with their phone number and name of the representative that will help you. If you have any concerns, please call them directly.
- 7) Unless you take Coumadin regularly, call us if you haven't received a prescription of the Xarelto or Eliquis to take after surgery. This is a blood thinner you will need after surgery. This is again to help reduce the risk of blood clots post operatively.