



JOINT CONNECTIONS

Total Hip / Total Knee
Replacement

TABLE OF CONTENTS

What is a Total Hip / Total Knee Replacement?	2
The Night Before Your Surgery.....	3
The Morning of Your Surgery	3
Recovery After Your Surgery	4-9
Therapy & Exercise	9-14
Using A Walker.....	15-18
Mobility Techniques	19-20
Getting Your Home Ready.....	21
Dressing Techniques for Hip Patients.....	22-23
Follow Up Visit/Questions	23

WHAT IS A TOTAL HIP REPLACEMENT?



A total hip replacement is a surgical procedure to remove a worn or damaged hip joint and replace it with an artificial one. Surgery is usually done when the smooth, soft tissue that covers the ball of the thigh bone and lines the socket cartilage cracks or wears away. Damage to the cartilage is caused by normal wear (osteoarthritis), inflammation (rheumatoid arthritis), or an injury (bad fall causing fracture).



WHAT IS A TOTAL KNEE REPLACEMENT?

A total knee replacement is a surgical procedure to remove a worn or damaged knee joint and replace it with an artificial one. Cartilage wears away from the knee due to inflammation, trauma and usage. The worn cartilage no longer allows the joint to glide freely, causing stiffness and pain.



PREOPERATIVE

The Night Before Your Surgery

- Take a shower or bath the night before your surgery with antibacterial soap or Hibiclens®. This will help reduce the risk of infection.
- Do not shave the surgical area and do not wear any make-up, jewelry, lipstick, nail polish, or artificial fingernails.
- Do not eat or drink anything after midnight. You will be informed about whether or not to take medications during your pre-admission testing.
- Bring a hospital bag. Some of the items you should bring from home are:
 - A pair of good non-skid walking shoes. (Preferably shoes with a back and that can loosen or tighten throughout your stay.)
 - A loose-fitting sweat suit, jogging suit, or shorts.
 - Personal care items such as a hair brush, denture case, eyeglass case, contact lens case, hearing aid case.
- Leave your cash, credit cards, and jewelry at home.

The Morning of Your Surgery

Before leaving home, take any medications you have been instructed to take with a small sip of water. When you arrive on the day of your surgery, enter the building at the main entrance. Admitting will register you for surgery and contact the pre-op department upon your arrival. Your family will be reunited with you in the pre-op department when your surgical preparation is complete.

- You will be asked to put on a hospital gown, and remove all jewelry and valuables and give them to your family.
- Your surgeon will mark your surgical site, and several different staff members will verify this with you.
- An IV (intravenous) line will be started to provide fluids and medication needed during surgery.
- Only two visitors at a time will be allowed in the pre-op holding area.
- An anesthesiologist will talk to you about your anesthesia and answer any questions about that part of the procedure. You will be asked to sign consents at this time.
- Any repeat tests that may need to be performed will be done to insure your health is optimal.
- When everyone is satisfied and the operating room (OR) is ready, someone from the OR will come and get you.
- Before you go back to the OR, you will have the opportunity to see your family again. At this time we will ask you to remove dentures/partials, and glasses/contacts. Give these items to your loved one.

Surgery Time

A procedure time has been assigned to each patient depending on their anticipated needs. At times, situations arise beyond our control and the expected surgery time may be adjusted. We may call and move the time of your surgery up, or there may be some delay. Every effort will be made to respect you and your family's time.

Please rate your pain

Faces pain rating scale



0

no pain



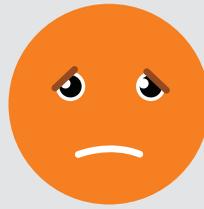
1-2

mild pain
annoying
nagging



3-4

discomforting
troublesome
nauseating
repugnant
grueling
numbing



5-6

distressing
miserable
agonizing
gnawing



7-8

intense
dreadful
terrible
vicious
cramping



9-10

excruciating
unbearable
intolerable
torturing
crushing
tearing

Rating your pain will assist nursing staff in providing you with appropriate pain medication.

POSTOPERATIVE

Recovery After Surgery

- You will be taken to the recovery room for approximately one hour for observation. Don't worry if you are in the recovery area longer than one hour. Everyone is given as much time as they need in this area.
- It is normal to have pain after surgery; however, we strive to make sure it is not severe. You will be asked frequently to rate your pain level, using the pain scale shown above.

Pain Control

- Your doctor will have medication ordered for your nurse to give as needed, according to your pain level.
- Pain is better controlled when medication is taken before your pain level is high and before activities such as physical therapy.

Surgical Dressing

- You will have a dressing applied to your surgical area.
- Your doctor will instruct the nurse when to change the dressing. The dressing will be removed and your incision may be left open to air when the drainage is gone. If you have a drain, it will be removed prior to discharge.
- Ice will be applied to your surgical area for 24-48 hours post-operatively.



Breathing Exercises

When you wake up you will be asked to breathe deeply and cough. You will be given a device called an incentive spirometer, which will assist you in breathing exercises that need to be completed 10 times an hour. These simple but important breathing exercises prevent problems with your lungs.

- You may have oxygen for 24 hours after surgery to help you breathe better.



Preventing Blood Clots

To improve circulation in your legs and reduce the risk of blood clots, you will be asked to:

- Wiggle your toes and flex your ankles every hour.
- **Ankle Pump**



Slowly push your foot up and down. Do this several times a day. This exercise can begin immediately after surgery and continue until you are fully recovered.

- Take the medication ordered by your doctor to prevent clot formation.
- Wear compression devices that are applied to lower legs to increase circulation, which are worn while in bed.

Diet

You may resume your normal diet after you tolerate clear liquids.

Hygiene

You may shower when you are cleared by your surgeon. Your incision must be dry and not draining. Use an antibacterial soap. **Do not take a tub bath!**

Medications

- A prescription for pain medication will be given to you. Take your medication as directed. Call your doctor if pain is not controlled. Avoid taking over-the-counter pain medication along with any prescribed pain medication unless directed by your doctor.
- **Pain medicine causes sleepiness. Do not drive or operate machinery.**
- Constipation is a common side effect of pain medication.
- Your doctor will tell you which of your regular medications need to be continued when you are discharged home.

Medications Cont.

Remember: For the first **two years** after a joint replacement, all patients may need antibiotics for all high-risk dental procedures. After two years, only high-risk patients may need antibiotics for high-risk procedures. The bacteria commonly found in the mouth may travel through the bloodstream and settle in your artificial joint. This increases your risk of contracting an infection. Ask your dentist about preventive antibiotics for all dental procedures with a high risk of bleeding or producing high levels of bacteria in your blood. Your dentist and your orthopedic surgeon, working together, will develop an appropriate course of treatment for you.

Anticoagulants

What is an anticoagulant?

- An anticoagulant is a substance that prevents clotting of the blood. You will be prescribed a “blood thinner” which will lessen the chance of a blood clot forming in your leg.

Types of anticoagulants:

- Lovenox (injection)
- Arixtra (injection)
- Xeralto
- Coumadin
- Aspirin

Your physician will prescribe the anticoagulant that will best meet your needs.

How long will I be on an anticoagulant?

- You will be on an anticoagulant for approximately 14–21 days post-operatively.

Signs to watch for when taking a blood thinner:

- Bleeding
- Increased bruising

Call your physician if any of these signs occur.

AFTER YOU ARE DISCHARGED

Driving

- Do not drive after your surgery until approved by your orthopedic surgeon.

Work / Activities

- You can return to work as instructed by your doctor.

Nutrition Tips

- During your hospital stay, a dietitian is available for consultation at your request.

Visit www.mypyramid.gov for nutritional tips to promote healing.

WHAT TO EXPECT – POSTOPERATIVE DAY 0

(the day of your surgery)

Good Morning

You may still be feeling sleepy and not have much of an appetite. This is normal. Continue to drink plenty of fluids. Discomfort is normal – you have a new joint! Your doctor has prescribed special pain medication. Be sure to let your nurse know how it is working.

Today's Goal

- Your physical therapist may work with you this afternoon to walk and increase your comfort in moving your new joint.
- Please invite your loved one or friend to attend the therapy sessions. Try to be up in your chair as much as possible for the next few days.
- Don't forget to use your incentive spirometer and take three deep breaths 10 times every hour.
- Remember to move your feet and ankles to keep blood circulating and prevent blood clots. Try doing ankle pumps.



Day 0

- **Bathing**
Be sure to shower and wash your hair at home before surgery.
- **Diet**
Liquids and diet as tolerated after surgery.
- **Dressing**
You will have a dressing covering your incision.
- **Cold Therapy**
Your doctor may order ice bags, which will keep your surgical area cool and help reduce swelling and discomfort.
- **IV Medicines and Pain Management**
You will have an IV solution along with antibiotics to help prevent infection. It is important to let your nurse know when you feel discomfort. Tell your nurse if you are sick to your stomach. Medication may be given to decrease nausea.
- **Blood Clot Prevention**
Blood-thinning medicine is given to reduce the risk of blood clots. Your doctor will order compression devices to reduce the risk of blood clot formation.

WHAT TO EXPECT – POSTOPERATIVE DAY 1

It's time to get your new joint moving. Today will be a busy day for you.

- Your nurse will assist you in getting dressed.
- Therapy is scheduled in the morning and again in the evening. Don't forget to invite your loved one or friend to come help and learn with you.

For hip patients: You will work with your occupational therapist today to help increase independence in self-care.

Inform your nurse if you are having:

Pain that is not controlled

Nausea or Vomiting

Dizziness

Day 1

- **Bowels**
Your doctor has ordered medication to assist with bowel function. Constipation is a common problem.
- **Deep Breathing**
Continue to use your incentive spirometer and take deep breaths every hour while awake.
- **Cold Therapy**
Your doctor may order ice bags, which will keep your surgical area cool and help reduce swelling and discomfort.
- **Medication**
In general, pain pills are prescribed to be given as needed. Ask your nurse for pain medication as soon as you feel discomfort. Do not wait until the pain is severe.
- **Blood Clot Prevention**
Your blood thinning medication will continue. Continue to wear compression devices while in bed, and do ankle pumps.



Members from our team will finalize your equipment needs, transfer plans, and all other final details for going home.

DISCHARGE DAY – POSTOPERATIVE DAY 2

Congratulations! You have reached your goal!

Good Morning

Today is discharge day. There are some details that need attention before you can go home.

- Your orthopedic surgeon will be in to see you and make sure you are safe to go home.
- Your medical doctor will be contacted as well.
- You will attend therapy today and you will need to accomplish the following tasks before you can go home: going up and down steps, walking, getting in and out of bed and getting to the bathroom safely.

▪ **Medication**

When discharged, you will be given a prescription for pain pills and a blood thinner to be taken as directed.

Some Tips to Help You When You Are at Home

- Use your walker to assist with walking.
- Continue normal walking activities at home.
- Continue your therapy exercises.
- Take your medication as directed.
- Keep your follow-up appointment with your orthopedic surgeon.
- **DO NOT** overdo your activities.
- **DO NOT** sit in the bath tub. Take showers or sponge baths.
- **DO NOT** drive until approved by your orthopedic surgeon.
- **DO NOT** use a pillow under your knee.
- Please read your discharge instructions you receive from your nurse.
- Continue with cold therapy.

THERAPY AND EXERCISE

- Exercise **before** and **after** surgery will strengthen your muscles and increase the flexibility in your joints.
- Practicing the exercises described on the following pages before surgery will make your recovery after surgery easier and quicker.
- Your therapy program while in the hospital will consist of walking with a walker, practicing transfer techniques, continued education and exercises. You will begin your therapy program the day of surgery or, in some cases, the day after surgery. You will have therapy two times each day, beginning the first day after surgery.
- Bring your “coach” to your therapy sessions so they can cheer you on and learn how to help you at home.
- If your knee was replaced, you will be referred to outpatient physical therapy.
- If your hip was replaced, you may not require outpatient physical therapy but will be required to continue your exercises at home.

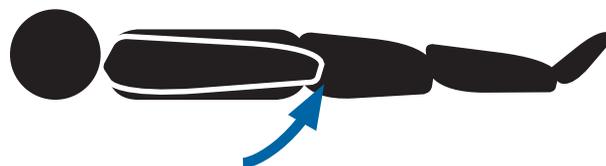


Hip Replacement Exercises

Ankle Pumps: Slowly move your foot up and down. Do this exercise several times, as often as every 5 or 10 minutes. This exercise can begin immediately after surgery and continue until you fully recover.



Buttock Contractions: Tighten buttock muscles and hold to a count of 5. Do 3 sets of 10, at least 3 times per day.



Quad Sets: Tighten your thigh muscle. Try to straighten your knee. Hold for 5 to 10 seconds. Do 3 sets of 10, at least 3 times per day.



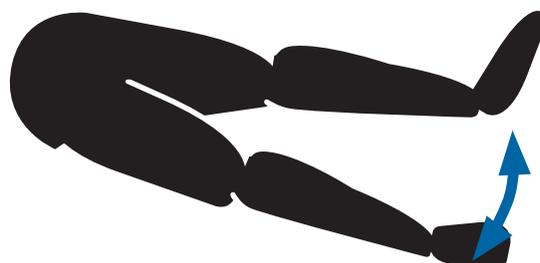
Bed-Supported Knee Bends: Slide your heel toward your buttocks, bending your knee and keeping your foot on the bed. **DO NOT** let your knee roll inward or outward. Do 3 sets of 10, at least 3 times per day.



Short Arc Quads: You may also do knee extensions while lying down. Place a rolled towel or blanket under your knee. Lift your heel off the bed while straightening your knee. Hold 5 to 10 seconds. Slowly lower.



Abduction Exercise: Slide your leg out to the side as far as you can and then back to the center. **DO NOT** cross the midline of your body. Do 3 sets of 10, at least 3 times per day.

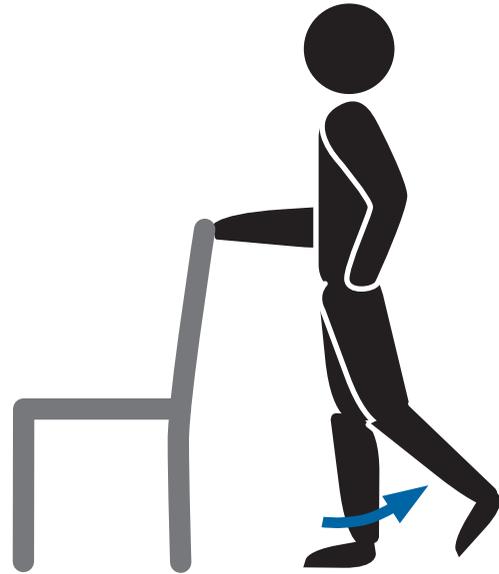


Hip Replacement Exercises Cont.

Standing Knee Raises: Lift your operated leg toward your chest. Do not lift your knee higher than your waist. Hold for 2 or 3 counts before lowering down. Do 3 sets of 10, at least 3 times per day.



Standing Hip Extensions: Lift your operated leg backward slowly. Keep your back and knee straight. Hold 2 or 3 counts. Return your foot to the floor. Do 3 sets of 10, at least 3 times per day.



Standing Hip Abduction: Be sure your hip, knee and foot are pointing straight forward. Keep your body straight. With your knee straight, lift your leg out to the side. Slowly lower your leg so your foot is back on the floor. Do 3 sets of 10, at least 3 times per day.



Knee Flexion: Stand straight, holding onto the back of a walker. Bend knee up toward buttocks. Keep hip and lower leg straight. Lower leg to standing. Do 30 times.



For posterior and lateral hip approach patients

Remember Your Hip Precautions

DO NOT lie or sit with legs crossed.



DO NOT bend/sit on low surface and
DO NOT lean forward to push yourself up.

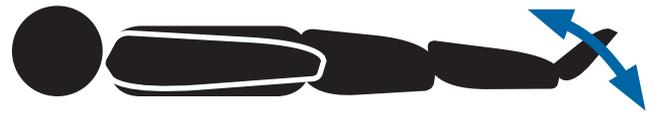


DO NOT let toes roll outward or
inward when walking or lying in bed.

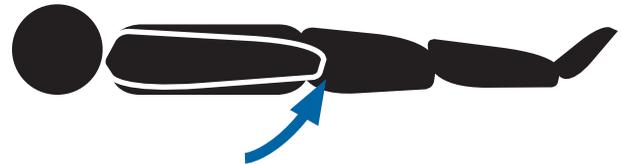


Knee Replacement Exercises

Ankle Pumps: Slowly move your foot up and down. Do this exercise several times, as often as every 5 or 10 minutes. This exercise can begin immediately after surgery and continue until you fully recover.



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Short Arc Quads: You may also do knee extensions while lying down. Place a rolled towel or blanket under your knee. Lift your heel off the bed while straightening your knee. Hold 5 to 10 seconds. Slowly lower.

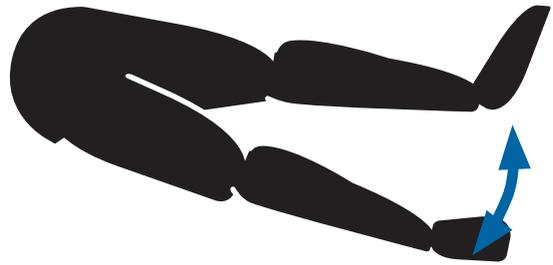


Straight Leg Raises: Bend your **NON-operative** knee and put your foot flat on the bed. Lift up your operated leg with your knee straight. Slowly lower. Do 3 sets of 10, at least 3 times per day.



Knee Replacement Exercises

Abduction Exercise: Slide your leg out to the side as far as you can and then back to the center. **DO NOT** cross the midline of your body. Do 3 sets of 10, at least 3 times per day.



Sitting Knee Bends: While sitting at bedside or in a chair, bend your knee back as far as you can. To increase the bend in your knee, plant your foot on the floor and slide your upper body forward. Hold 5 to 10 seconds, then straighten your knee fully. Do 3 sets of 10, at least 3 times per day.



Pain or Swelling After Exercise: You may experience knee pain or swelling after exercise or activity. You can relieve this by elevating your leg and applying ice wrapped in a towel. Exercise and activity should consistently improve your strength and mobility. If you have any questions or problems, contact your orthopedic surgeon or physical therapist.



To Get Maximum Knee Motion (Full Extension – 0 Degrees):

DO NOT leave your knee bent in bed.
DO NOT put a pillow under your knee.



USING A WALKER

When using a walker, place your walker forward first, followed by your operated leg, and then your good leg. All four legs of the walker should be flat on the floor before moving your feet. You should also have your feet facing forward rather than turned outward or inward.

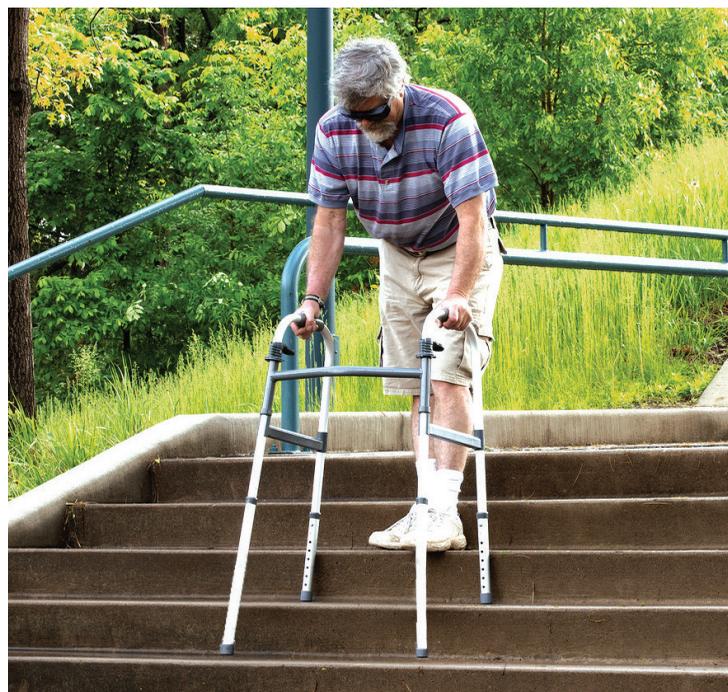
When turning around, **DO NOT TWIST OR PIVOT on your operated leg.** Instead, take several small turning steps.

When getting up from a chair, do not pull up on the walker. Use the arms of the chair to push yourself up before reaching for the walker. Reach back for the armrest before sitting down.



Walking on Stairs with a Walker

Always begin by adjusting the walker so that the front legs are two notches longer than the back legs. This will make the walker steady enough for short distance walking on level surfaces, while still allowing you to move up and down the stairs safely.



Going Up the Stairs

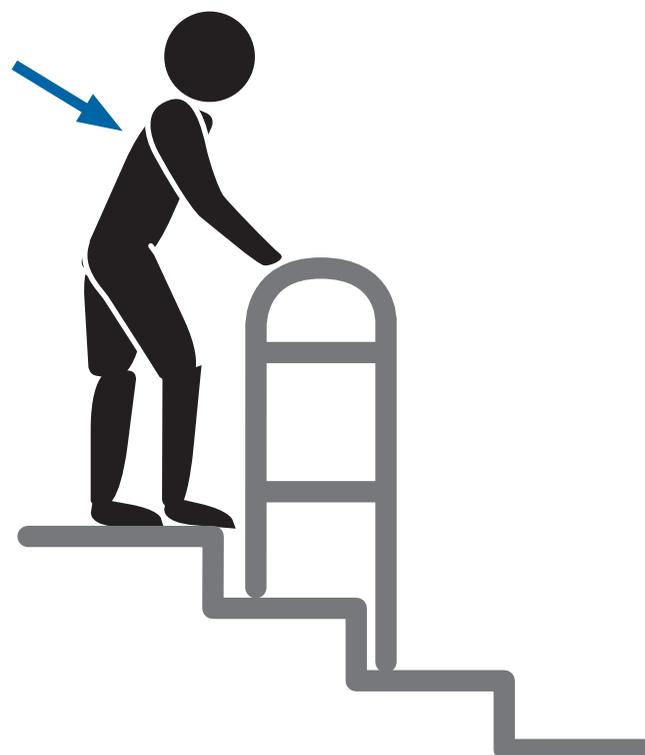
1. Back up to the stairs until you feel the back of your heel against the step.
2. Move your walker so the back legs are on the first step.
3. Move your hands backwards on the grip of the walker. This will help to balance yourself better.
4. Push on the walker and raise your non-operated leg up to the first step. (Up with the good) Now bring up the operated leg, and then move the walker up on the next step.
5. Repeat steps 1 – 4.
6. When you reach the top of the stairs, do not immediately bring your walker up to the top with you. Instead, step back two steps and then bring your walker up. This will assure good balance at the top of the stairs.



Going Down Stairs

1. Walk forward to the stairs.
2. Move the front two legs of your walker down one step. Place the walker legs near the edge of the step to leave space for your legs.
3. Place your operated leg down on the step first. (Down with the bad)
4. Push on the walker and lower your non-operated leg down onto the step.
5. Repeat steps 1 – 4.

If you still feel nervous on the stairs, or if your physical therapist feels that you need assistance, have someone stand in front of you and hold your walker steady while you are walking up and down the stairs.



Car Transfers

Keep in mind, it is usually easier to sit in the front seat than the back seat (more leg room) and two-door cars are usually easier than four-door cars (wider door openings).

Two different methods for car transfers are detailed below. Use the method which works best for you.

Front Seat Method

1. Move the seat as far back as possible to allow maximum use of the door opening.
2. Using your walker, back up to the seat and gently sit on the edge.
3. Scoot back on the seat to get well into the car.
4. Gently lift your legs into the car.
5. Fasten your seat belt.

Rear Seat Method

1. Move the front seat as far forward as allowable to increase rear seat leg room.
2. Using your walker, back up to the seat and gently sit on the edge.
3. Scoot back on the seat to get well into the car.
4. Gently lift your legs into the car.
5. Fasten your seat belt.



Toilet Transfers

There are several pieces of adaptive equipment available for the toilet. You may need to purchase some type of toilet equipment if you are taller than 5 feet 3 inches.

1. Back yourself up until you feel your legs touching the toilet.
2. Keep one hand in the center of the walker and reach for the back edge of the raised toilet seat with the other hand.
3. Gently lower yourself to the toilet seat.
4. To get off the toilet, reverse the above procedure. Make sure you have your balance before taking hold of the walker with the other hand.



Shower Transfers

For your safety, you will need a seat to sit on. Several types of seats are available. The most appropriate type for you will be determined the day of your class.

1. Using your walker, walk to the side of the shower. Stop next to the seat and turn so you are facing away from the shower seat.
2. Reach back with one hand for the seat. One hand should remain on the walker (see diagram).
3. Sit down on the seat keeping your operated leg straight out.
4. Turn to sit facing the faucet.
5. To transfer out of the shower, turn in your seat. Stand up outside the shower pushing off from the seat. If you are having a hip replacement, you may need a belt to assist you with maintaining a 90 degree angle at your hip.



Tub Transfers

1. Using your walker, walk to the side of the tub. Stop next to the seat and turn so you are facing away from the tub seat.
2. Reach back with one hand for the seat. One hand should remain on the walker (see diagram).
3. Sit down on the seat keeping your operated leg straight out.
4. Lift legs over the side of the tub and turn to sit facing the faucet.
5. To transfer out of the tub, turn in your seat while lifting legs over the side of the tub. Stand up outside the tub pushing off from the seat. If you are having a hip replacement, you may need a belt to assist you with maintaining a 90 degree angle at your hip.

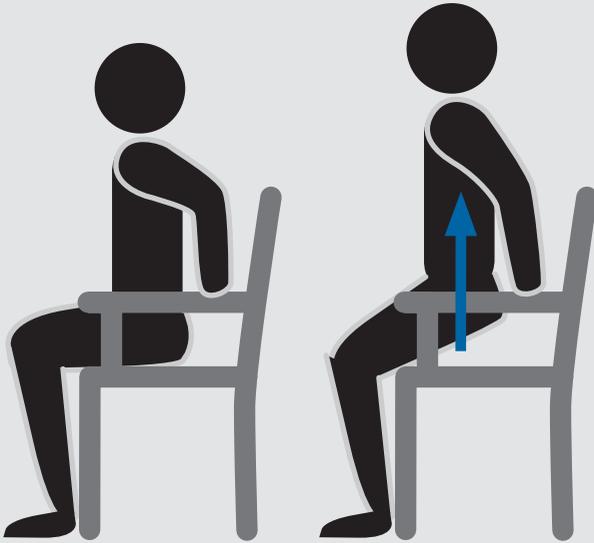


Hip patients will need a long handled sponge to be independent in bathing. A hand held shower may also be helpful.

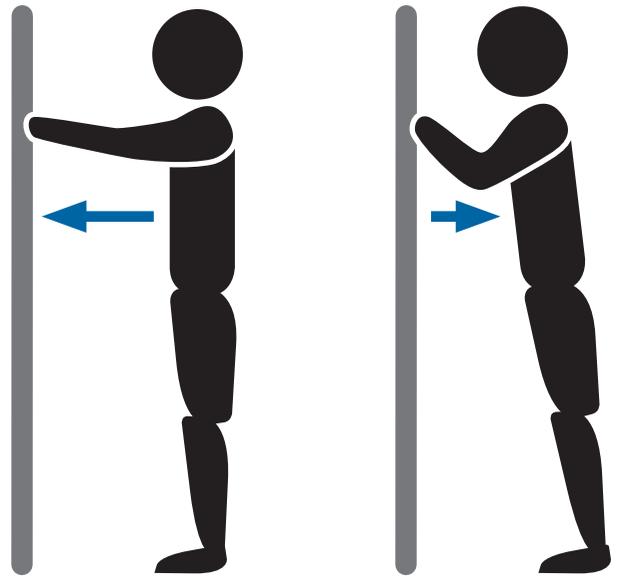
Begin these exercises before your total joint surgery. They will help strengthen your arms and prepare you for using the walker. Do these exercises 1-2 times per day. Do each exercise 10-30 times.

Arm Strengthening Exercises

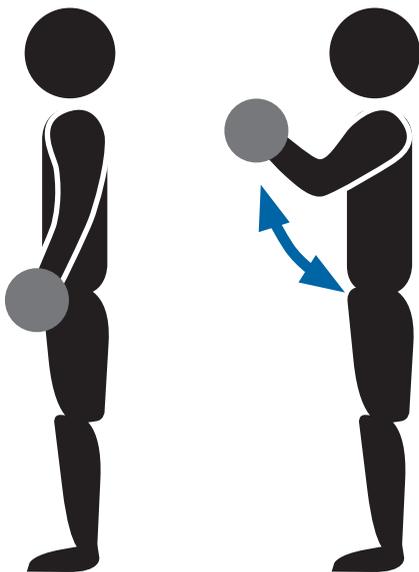
Chair Push-Ups: Push yourself up from the chair, using your arms. Try not to use your legs.



Wall Push-Ups: Place your hands on a wall. Slowly lean toward the wall. Then, push away from wall to return to the starting position.

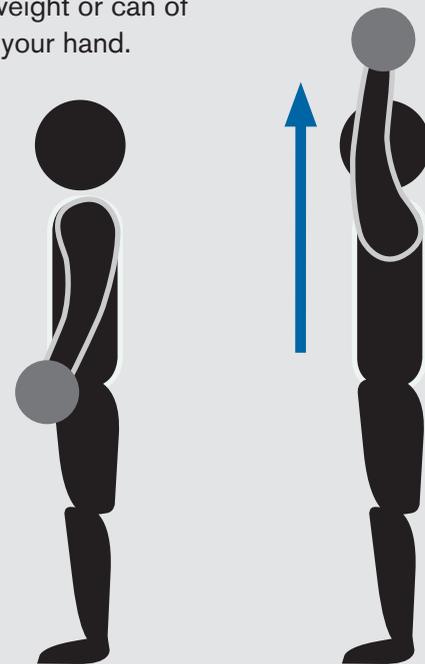


Biceps Curl: Bend your elbows, bringing your hands to your shoulders. Slowly lower back down. Hold a weight or a can of soup to increase the resistance.



Arm Raises: Raise your arm up overhead as far as you can then slowly lower.

If you are strong enough, hold a weight or can of soup in your hand.



Icing

Icing your joint replacement is an important part of your recovery process. It will help control swelling and provide some pain relief. You should make sure to apply ice or a cold pack to your new joint after every completed exercise routine or activity.

How to make your own cold pack

1. Pour 3 cups of water in a 1 gallon zip lock bag.
2. Add 1 cup of isopropyl alcohol.
3. Close the bag making sure to let out as much air as possible.
4. Mix the contents.
5. Place the bag in another bag, closing securely to prevent leakage.
6. Place the bag in the freezer.

The contents should turn into a slushy mixture. If it is too solid, add more alcohol. If it is too watery, add more water. Another alternative is to use a bag of frozen peas or corn.

How to apply your cold pack

Whatever method you choose...

1. Always use a washcloth or towel between the cold pack and your skin. Placing the cold pack over thin clothing is also fine.
2. Apply for only 10-20 minutes at a time.
3. The cold pack may be reapplied as often as needed as long as you wait one hour between applications.
4. The best position for icing is with your leg straight and elevated above the level of the heart. A towel roll or pillows may be placed under the ankle for comfort (see right).



GETTING YOUR HOME READY

Getting your home ready before surgery will make it easier for you to recover.

Consider the following tips:

- You will need to have family/friends stay with you to help for the first week after going home.
- Get rid of uneven surfaces and remove obstacles from pathways both inside and outside your home.
- Make note of potential slippery/wet spots and take precautions as necessary.
- Be sure there are sturdy handrails for steps at the entrance to your home.
- Remove throw rugs and secure extension cords in pathways.
- Make sure lighting is good to prevent falls. Install nightlights.
- Place emergency numbers on or near the phone. Use a portable phone for safety.
- Have a comfortable chair with arms and a firm seat. Do not sit in a soft chair, a rocking chair, or sofa.
- Use containers of liquid soap to prevent difficulties with dropping the soap in the shower.
- Be sure your bed mattress can hold you without sagging while you sit at the edge. The bed must also allow your feet to touch the floor. You may need to place a board under the mattress. The bed may need to be raised with an extra mattress or blocks under the legs. A hospital bed is not needed.
- Make sure you have a non-skid surface in the bottom of your bathtub or shower.
- Choose footwear that is secure on your feet with non-skid soles.
- Have a walker bag to assist with carrying objects.
- Place clothing you will wear the most in waist height drawers.
- Consider having friends or family care for your pets during your recovery so you do not trip on them.
- Set up a “recovery center” where you will spend most of your time. Things like the phone, television remote control, radio, facial tissues, wastebasket, water pitcher and cup, reading materials and medications should all be within reach.
- If you do not already have a parking permit for a disabled person, apply for a temporary permit several weeks before your surgery. Contact the Secretary of State, or your doctor’s office may have an application form.
- You will need to arrange your own transportation prior to discharge from the hospital. You also need your own transportation to your outpatient physical therapy.

Kitchen

Arrange your kitchen so that you don’t have to do heavy lifting, bending or reaching.

- Prepare meals ahead of time and stock up on food.
- Prepare simple meals using stove top or counter level appliances to avoid bending.
- Store items that are needed most on upper shelves of the refrigerator.
- Use a lazy susan for easier reach.

Bathroom

Arrange your bathroom so that you don’t have to do heavy lifting, bending or reaching.

- Tubs and showers must have non-skid surfaces or safety mats both inside and outside. Watch for wet tile floors.
- A handheld shower head allows greater independence with showering tasks.

Equipment

Special equipment will be necessary to help maintain safety and independence. There are many options available to you. We encourage you to purchase items before surgery so you can practice with them at home.

DRESSING TECHNIQUES FOR HIP PATIENTS

Clothing

It is recommended that you wear comfortable, loose clothing. Ideas include sweat suits, jogging suits, shorts, and shirts. You will also need socks and shoes with non-skid soles.

Dressing (Hip Patients Only)

If needed, occupational therapy will provide you with a reacher and sock aid. Using these tools will allow you full independence with lower body dressing. **If you are having a knee replacement you will not need this equipment.** Your doctor may order ice bags, which will keep your surgical area cool and help reduce swelling and discomfort.

Pants and Underwear

1. Sit in an armchair to get yourself dressed.
2. Put on underwear and pants first. Using the reacher, catch the waist of the underwear or slacks. Lower the reacher to the floor and pull on the operative leg first. Then do the same for the non-operative leg (*see diagram*).
3. Pull the slacks up over your knees. Stand with the walker in front of you, and pull the slacks up.
4. When undressing, take the slacks and underwear off your non-operative leg first, reversing step 2 above.



Socks and Stockings

Knee-high or ankle socks are recommended for both men and women. Top of socks should not be tight.

1. Slide sock onto the sock aid. Make sure the heel is at the back of the plastic and the toe is tight against the end. The top of the sock should not come up past the knot on the plastic piece.
2. Holding onto the cords, drop the aid in front of the operated foot. Slip your foot into the sock and pull it on (*see diagram*). You may put the sock on the non-operative leg as usual. *Be sure that you do not bend more than 90 degrees at the hip.*
3. To take socks off, use the hook on the reacher to push the back of the sock down and over the heel. Now grasp the side of the sock and push it off your foot.



