



# ORTHOPAEDIC ASSOCIATES *of St. Augustine*

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Patrick Thompson, PA-C, MPAS   James Grimes, MD, FAAOS, FACS   Sean Powell, PA-C, MMS

## **THE JOINT REPLACEMENT TEAM**

The Joint Replacement Team consists of James Grimes, MD, FAAOS, FACS, Patrick Thompson, PA-C, MPAS and Sean Powell, PA-C, MMS. Dr. Grimes is board certified by the American Board of Orthopaedic Surgery and the American Orthopaedic Society for Sports Medicine. Together they have over 50 years of experience caring for professional, collegiate and high school athletes. The joint replacement team specializes in sports medicine and reconstruction of the shoulder, hip and knee.

Dr. Grimes was the first Orthopaedist in St. Johns County selected for the Academy of Arthroscopy of North America and brought Computer Navigation of Joint Surgery to Flagler Hospital, where he is the former Chairman of the Department of Orthopaedics President of the Medical Staff., and the Orthopaedic Medical Director.

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## Joint Replacement FAQs

- ◇ Compression stockings must be worn for 3 months after surgery. Wear them for 2 weeks on both legs, then just on the operative leg during the daytime until you are 3 months out from surgery. Alternatively, you may wear a pair of compression pants instead of the stockings.
- ◇ If you were discharged from the hospital on aspirin, use 81 mg twice a day for 8 weeks after surgery, then no aspirin unless the patient uses aspirin on a daily basis.
- ◇ If you were discharged with another blood thinner, the directions will be provided.
- ◇ You may begin driving once you are able to walk without requiring an assistive device (i.e. walker, crutches or cane). If you carry a cane with you "just in case", you may begin driving. You should not drive while on narcotics.
- ◇ Staples are to be removed 2-3 weeks after surgery. Keep the incision dry.
- ◇ The incision site should not be submerged in a bathtub until 14 days after staple removal. It should not be submerged in a community pool/hot tub until at least six weeks after staple removal.
- ◇ If you are under the care of a pain management physician, they are responsible for prescribing pain medication after discharge from the hospital.
- ◇ The Orthopaedic Rehab Center will prescribe pain medication for up to 3 months from the date of surgery, if necessary.
- ◇ We recommend 1 dose of an antibiotic 1 hour before dental procedures including dental cleanings indefinitely. Call the office 5 days before the procedure.
- ◇ The implant will set off metal detectors so inform the TSA screening agent that you have had a joint replacement. You do not need to carry documentation to prove this.
- ◇ We recommend a follow-up appointment at 2 weeks, 8 weeks, and then yearly after your date of surgery.
- ◇ Pain, swelling, stiffness and warmth are common after a joint replacement; however, if any of these symptoms are worsening rather than improving please contact Dr. Grimes' medical assistant Kelsey at (904) 825-0540 Extension 2215.
- ◇ Calf swelling and pain can be normal after surgery; however, if these symptoms are severe or worsening they may be the result of a blood clot (DVT). Please contact our office immediately or after business hours go to the nearest Emergency Department.
- ◇ Every patient's physical therapy and rehabilitation will be tailored to the individual. This will be goal oriented rather than time oriented.
- ◇ Icing at least 2-3 times a day will decrease your pain and facilitate faster healing.
- ◇ Remember that any morbidity or unhealthy habits will increase your chances of a complication. (smoking, obesity, heart or lung disease.) Adopt as many healthy habits as possible before, during and after surgery.