

Care Partner Education

at New England Baptist Hospital

Helpful Tips

Notify Your Surgeon if the Patient Develops:

- Fever of 101.5 or higher
- Severe pain associated with twisting, turning or injury that doesn't decrease with rest
- Continued drainage, swelling, or bruising from the operative site
- Continued change in color and/or coolness of the operated leg/foot
- Chest pain or shortness of breath **CALL 911**

Helping the Patient Move Around

Walking

Use two crutches or walker for EVERY step. Gradually increase walking daily. Start by walking 5-10 minutes 3 or 4 times a day. Avoid hills, steep ramps, and uneven surfaces until evaluated by a home physical therapist. The goal by 6 weeks is to be walking each day 20-30 minutes 1 or 2 times a day. Maintain weight bearing as tolerated on the operated leg. They may progress to a single crutch, cane, or no device as tolerated and advised by the physical therapist and/or surgeon.

Going Up and Down Stairs

Crutches follow the patient up and lead them down. Be sure crutches are under their arms and firmly placed on stairs.

UPSTAIRS: Un-operated leg, followed by operated leg, then crutches.

DOWNSTAIRS: Crutches, followed by operated leg, then un-operated leg.

Getting into a Car

The patient should sit in the front passenger seat with the seat pushed back as far as possible. When getting in the car, the patient should sit down, face the curb and then maneuver into position facing the dashboard. Hands assist legs.

Care Partner: Don't be Afraid to Ask for Help

Sometimes care partners make a commitment to care for another and then realize it is more than they can handle. Don't be shy. Ask a friend or family member to assist you. Maybe they can help with cooking, laundry or walking the dog while you are taking care of the patient.

Questions?

- For all clinical questions, please contact the patient's surgeon's office.
- Have you signed up for our free email series? This will guide you throughout the process of preparing for and recovering from surgery, and answers many commonly asked questions. Visit nebh.org/jointemail to sign up.