

Keys to Joint Replacement Success

HIP & KNEE | Austin C. Nabet, DO, FAAOS



THE FIRST WEEK: CONTROL SWELLING

Walk a little. Rest, elevate, and ice. Repeat.

My surgery: _____ First PT: _____ Follow-up: _____

BEFORE SURGERY

- ☐ Complete ordered testing and medical optimization. See Dr. Nabet 1-2 weeks before surgery for your tailored plan and questions.
- ☐ Practice your pre-surgery exercises. Eat balanced, protein-containing meals. Arrange help, meals, and safe walking space.
- ☐ Book therapy before surgery: home PT in week one when prescribed, or outpatient PT around day 7. Your team will confirm the plan.

HAVE ALL MEDICINES AT HOME

- ☐ Respond to District Pharmacy for JOURNAVX delivery. Pick up other prescriptions from your preferred local pharmacy before surgery.
- ☐ Follow the facility/anesthesia and medical team's instructions for home medicines and fasting. Do not guess which medicines to hold or restart.

JOURNAVX: ONE LOADING DOSE

When prescribed: **two 50 mg tablets (100 mg total)** with a small sip of water on surgery morning, **at home OR the facility - not both**. Tell the team when taken; confirm the next dose time.

Taken at: home / facility Time: _____

DO NOT SKIP CLOT PREVENTION

Take prescribed **aspirin OR Eliquis** for the full instructed course. Do not stop because you feel better. Follow your medication log; do not add or combine medicines without approval.

ICE + SHORT WALKS + REST

- ☐ Ice regularly, especially in the first two weeks. Use a skin barrier, skin checks, and the prescribed sessions/breaks. Follow ice-machine instructions; do not assume continuous use.
- ☐ Walk a short distance **every hour while awake**, with your prescribed walking aid. Elevate during rest. Avoid long walks and prolonged standing.

KNOW YOUR DRESSING LAYERS

Usual closure: no external stitches to remove.

Knee ACE wrap: remove the day after surgery. Leave the incision dressings underneath.

Outer shower dressing: keep sealed; remove only when instructed.

SYLKE adhesive: remove **14 days after surgery**, as directed by Dr. Nabet's team.

Shower only as instructed. No soaking, picking, scrubbing, or creams. Call if wet underneath, loose, saturated, or increasingly draining.

KNEE: STRAIGHTEN, THEN GENTLY BEND

Sleep with the leg straight as tolerated. **Nothing behind the knee; support under the heel** as instructed. Practice gentle bending, too. **Two-week goal: 0-90 degrees or more**, without forcing painful motion.

HIP: LITTLE AND OFTEN

Control swelling and take frequent short walks. Follow hip precautions and your hip exercise plan. Do not copy the knee exercises.

CALL PROMPTLY: fever over 101 F, increasing redness/drainage, worsening calf pain or leg swelling, or uncontrolled pain.

CALL 911: chest pain, trouble breathing, or other life-threatening symptoms.

Office: 757-321-3305 | After hours: 757-875-9479

[More guidance + exercise links: DrAustinNabet.com](https://DrAustinNabet.com)

Your personal instructions take priority. Questions? Call for clarification.

v1.1 | October 2026

