

Joint Replacement Surgery: Your First Three Days

Day of Surgery

7:00 am – 3:00 pm	Surgeries begin
2:00 pm – 5:00 pm	Patients with surgeries scheduled earlier in the morning arrive in their room. They will be seen by a Physical Therapist, who will evaluate their ability to get up with a walker and move to a chair. Nursing will assist with mobility throughout the evening.
5:00 pm and after	Patients with surgeries scheduled later in the morning or afternoon arrive in their room. They will be assisted by Nursing to stand and transfer to the chair. Nursing will assist with mobility throughout the evening.

First day after surgery

4:00 am	Lab work and blood draws
7:30 am – 8:30 am	Breakfast; patient encouraged to eat sitting up in chair
8:00 am – 9:00 am	Patient washes with assistance; pain medications as needed
9:00 am – 11:30 am	Physical therapy sessions; occupational therapy, if ordered
11:30 am – 12:30 pm	Patient sitting up in chair for lunch, if not already up; exercises
12:30 pm – 1:30 pm	Lunch, Care Coordination, prepare for discharge
2:00 pm – 4:30 pm	Second physical therapy session, Care Coordination
5:00 pm – 5:30 pm	Sitting up in chair, if not already up
5:30 pm – 6:30 pm	Dinner, sitting up in chair
6:30 pm – Evening	Exercises, walk and transfer with assistance of nurse

Second day after surgery

4:00 am	Lab work and blood draws
7:30 am – 8:30 am	Breakfast; patient encouraged to eat sitting up in chair
8:00 am – 9:00 am	Patient washes with assistance; pain medications as needed
9:00 am – 11:30 am	Physical therapy sessions; occupational therapy, if ordered; Care Coordination
11:30 am – 12:30 pm	Patient sitting up in chair for lunch, if not already up; exercises
12:30 pm – 1:30 pm	Lunch, prepare for discharge
2:00 pm – 4:30 pm	Second physical therapy session, Care Coordination
5:00 pm – 5:30 pm	Sitting up in chair, if not already up
5:30 pm – 6:30 pm	Dinner, sitting up in chair
6:30 pm – Evening	Exercises, walk and transfer with assistance of nurse