



## Krishna Tripuraneni, MD

Board-Certified Orthopaedic Surgery  
Fellowship-Trained in Adult Joint Reconstruction  
Surgical Intervention

Specialty: [Hip & Knee Total Joint Replacement](#)

Office 724-3260 Fax 338-4118

### FREQUENTLY ASKED QUESTIONS BEFORE AND AFTER TOTAL JOINT REPLACEMENT

#### **How long will I be in the hospital?**

Most patients are sent home the same day after surgery. Occasionally, certain patients may require 1 overnight. The goal is to get you home and back to your everyday activities as soon as possible, safely.

#### **What are the types of anesthesia?**

Your Anesthesiologist, in consultation with Dr. Tripuraneni will decide the best type of anesthesia for you prior to your surgery. We prefer to use spinal anesthesia with a regional nerve block in most cases.

#### **Do I need physical therapy?**

Exercise is an important and essential part of the recovery progress. Your physical therapist at the hospital will show you exercises to perform for your new total hip or knee. They will also instruct you on adding new exercises to your routine as times goes on. Walking is great for your total hip; do as much as you can safely within reason. We typically do not prescribe PT for your total hip

For total knees rehab is mandatory three times a day on your own and two times a week with the physical therapist. Motivation and compliance are the keys to recovery.

#### **When can I drive?**

4 weeks of no driving recommended and need to be off pain pills if the right knee. If it is the left knee, when you are off pain pills you may drive

#### **When can I travel?**

You can usually travel 6 weeks post op using precautions (depending on progress).

#### **When can I go back to work?**

You can return to work 4-6 weeks after surgery depending on your profession/line of work.

**When can I shower?**

You may shower over your waterproof dressing. If the dressing gets wet please contact Dr. Tripuraneni office and have the dressing removed or remove it yourself and contact office for instructions. Do NOT leave a wet dressing on incision as this may result in an infection.

**When are my staples removed?**

Staples will be removed 10-14 days post op in our office. Contact Dr. Tripuraneni’s office if you develop persistent drainage, chills, increase redness, fever, tenderness or swelling to incision on hip/knee.

**What if I am constipated?**

Constipation is common when using narcotic pain medication. Use a stool softner Colace 100mg twice a day as prescribed or other mild laxatives such as Metamucil or Dulcolax or miralax and increase liquid and fiber intake. Decrease the use of pain medication as soon as possible.

**Do I need antibiotics prior to dental cleanings?**

No dental work advised for 3 months after a joint replacement. Also, you do not need antibiotics prior to dental procedures, including cleanings. You may need them if you are high risk for infection

**How long will my hip/knee replacement last?**

The longevity of your total joint replacement depends on several factors such as patient’s age, weight, and activity level. Implants can last the rest of your life, but there are many influencing factors that may lead to revisions/replacement.

**Who chooses the implant for my surgery?**

Dr. Tripuraneni, after discussion with you as needed.

**When can I go swimming or use my hot tub?**

Four weeks after surgery.

**Write down any additional questions you have for your doctor-**

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