

# CARE OF THE CLIENT WITH JOINT REPLACEMENT

These procedures are used to replace joints that are painful, immobile or deformed most common are knee and hip replacements. There are two types of procedures:

- The older procedure uses polymethyl-methacrylate to cement the implant in place and bonds to the bone.
- The newer procedure provides stability for the prosthesis through a process that facilitates biologic ingrowth of new bone tissue onto porous surface coating of prosthesis. Candidates for this procedure are those with a life expectancy of 25 years or more.

## APPLIES TO

- Registered Nurses
- Licensed Practical/Vocational Nurses
- Therapists
- Other (Identify): \_\_\_\_\_

## GUIDELINES

- Need to maintain joint alignment and exercise to improve function and range of motion in the new joint.
- Clients will be on long term anticoagulant therapy.
- Antibiotics prophylaxis is required prior to all dental visits.
- Infections that could affect the prosthesis could lead to removal of the joint.

## CARE OF THE CLIENT

- Hip Replacement
  - After surgery, body is maintained in alignment using abductor pillow to keep legs in slight abduction and external rotation. This prevents dislocation.

- Extremes of internal rotation, adduction and 90 degree flexion must be avoided for 4-6 weeks.
  - Cemented prosthesis clients can bear weight on affected limb on the first day.
  - Clients with non-cemented prosthesis have no weight bearing until physician orders.
  - No bending or flexing more than 90 degrees.
  - Use raised toilet seats.
  - No bath for 6 weeks.
  - No driving a car for 6 weeks.
  - Teach client about use of anticoagulant therapy.
  - Teach client signs and symptoms to report: Pain, fever, drainage or dislocation.
- Knee Replacement
    - Client begins using CPM machine on the first day to promote early joint mobility.
    - Progress to straight leg raises and gentle range of motion to increase strength and obtain 90 degree knee flexion.
    - Client has partial weight bearing.
    - Wear knee immobilizer for 4 weeks.
    - Teach about anticoagulant therapy.
    - Teach signs and symptoms of infection (fever, pain, increase drainage, redness or edema).

**RELATED PROCEDURES**

None.