

CENTEGRA

# HIP & KNEE REPLACEMENT CENTER PATIENT ITINERARY



## DAY OF SURGERY

- Pre-order meals for the next day
- Vitals taken every four hours for the first 24 hours after surgery

## POST-OPERATIVE DAY 1

- Labs
- Continuous Passive Motion (CPM) machine and vitals (every eight hours or as needed)
- Morning wash up
- Breakfast
- Therapy (exercise and distance goals)
- Lunch
- CPM machine and vitals
- Therapy
- Dinner
- CPM machine and vitals

## POST-OPERATIVE DAY 2

- Labs
- Catheter removed
- CPM machine and vitals (every eight hours or as needed)
- Morning wash up
- Breakfast
- Therapy (exercise and distance goals)
- Lunch
- CPM machine and vitals
- Therapy
- Dinner
- CPM machine and vitals
- Possible discharge

## POST-OPERATIVE DAY 3

- Labs
- CPM machine and vitals (every eight hours or as needed)
- Morning wash up
- Breakfast
- Therapy
- Pain medications
- Lunch
- CPM machine and vitals
- Therapy
- Possible discharge