

Dr Thomas Hilton Discharge Instructions

Medication

- Discharge medication will be given to you to take home or you will be given a script to take to your local pharmacy
 - This depends on your medical aid
 - Please ensure you have one of the two before leaving the hospital
- Medication will consist of:
 - Pain medication (may change according to patient needs)
 - Arcoxia 90mg once in the morning (moderate)
 - Paracetamol 2 tablets 4 times a day (moderate)
 - Targinact 1 tablet 2 times a day (strong)
 - Anticoagulant (deep vein thrombosis/blood clots)
 - Xarelto 20mg once in the mornings for 2 weeks
 - Continue with chronic medication

Ice packs

- You will be given an ice pack on discharge
- Includes:
 - Outer cover
 - 2 removable packs which can be warmed or cooled as required
 - Use as often as possible, at least twice a day

Physiotherapy

- As per physiotherapy instruction
- Effort in the early stages is often rewarded by a good end result
- Attempt full straightening if you have had a knee operation and work on bending
- Assistive devices will be given to you and demonstrated by the physiotherapist as needed
- The amount of weight you are able to bear in the limb will depend on the operation you have had and will be per the physiotherapists instruction



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- Do not overdo it and take the weight off the limb when possible
- Elevate the limb as often as possible above the level of the heart to reduce swelling

Wound

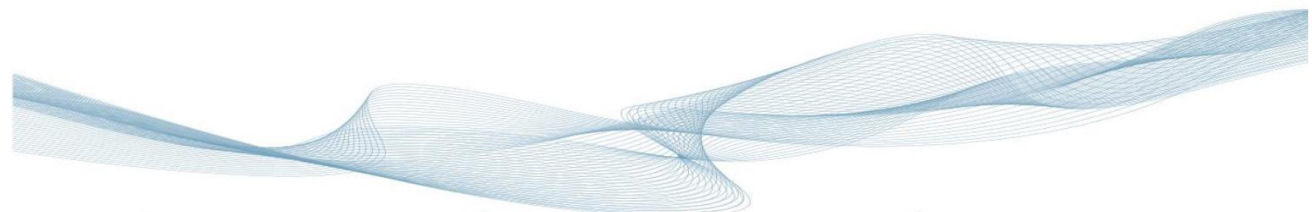
- You will go home with a waterproof dressing which should be kept intact until your follow-up appointment
- You may shower or bath with the dressing on
- Clean around the dressing

Follow-up

- An appointment date and time will be given to you when you leave the hospital. If for some reason this is not done please email me thomas.hilton@coru.co.za or via the CORU website

Follow-up date:.....

Follow-up time:.....



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