

Team Wood Post Op Instructions

Total Knee Replacement recommendations:

- Devote 1 hour, three times per day, to performing physical therapy exercises.

Total Hip Replacement recommendations:

- Limit your activity for 72 hours or 3 days after surgery.

Additional recommendations:

- Ice the surgical site every hour!
- Stay on top of your pain control. The goal is to make sure you're at a 4 out of 10 on the pain scale.
 - We ask that you give us 2-3 business days to process your prescription refill request. This means you should contact our office when you have 2-3 days of medication left before you run out.
 - **You can request a refill by sending a message via your patient portal or calling our prescription line at 360-491-4211 ext. 4190**
- Drink Smooth Move Tea every night and take your prescribed stool softener twice a day to prevent constipation. See picture for reference
- Dr. Wood does not routinely work at Capital Medical Center and recommends you present at Providence St. Peters Hospital in the event of any emergencies.

**For post-operative concerns please call
360-491-4211 ext. 4141**

