

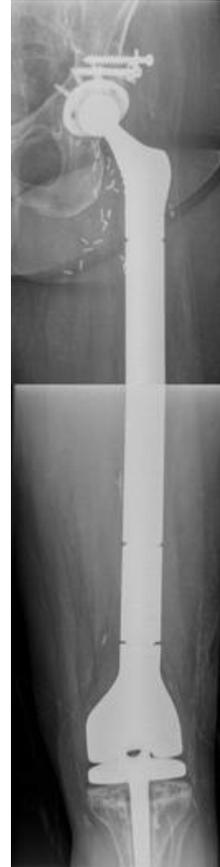
Discharge Guidelines

Lower Extremity Resection of a Malignant Bone Tumor with Metal Prosthesis Hip/Femur

Please note: These are general guidelines to help answer the most common questions after surgery. The photos in these guidelines WILL NOT necessarily match your exact surgical site. Your surgeon/team may ADAPT these guidelines depending on YOUR SPECIFIC NEEDS and/or current research.



Proximal femoral resection left femur (hip) for a malignant bone tumor.



Total femur reconstruction for a bone sarcoma.

Daily Incision Care

- Look at your incision and check for openings, drainage, swelling, redness, changes in color, or bleeding. If you detect any of the above problems, contact the surgeon's office.
- Sometimes patients are discharged with a drain at the incision site. You will be instructed on how to care for the drain until your post-operative visit. Drains will be removed when the output is less than 30 mLs per day.
- Change your dry dressing every day or leave uncovered if the staples do not stick to your clothing.
- You may shower about 4 days after surgery, unless you have a drain in place; then sponge bath.
- Staples will be removed 2-3 weeks after surgery. They are left in longer if you had radiation or chemotherapy.
- Once the staples are removed, you can use vitamin E lotion, aloe cream or any moisturizer to massage your incision.
- A visiting nurse may come to your house for a few visits to assist you with your incision care.

Activity

These tips are simply guidelines. Your activity level will vary depending on a number of factors including the size and location of your incision, whether you have had chemotherapy or radiation, and whether you have had a muscle flap or skin graft.

- A physical therapist (PT) may come to your house to help you with gait training, safety issues, ace bandage wrapping and exercises.
- Continue daily exercises as instructed by PT. Upper body exercises can begin 2 weeks after surgery.
- Use your supports (crutches, walker) as directed. You may progress to one crutch or a cane when your muscle strength and range of motion returns.
- Most patients require a knee brace while walking to prevent the knee on the operative leg from buckling and causing a fall. The brace is discontinued when muscle strength returns, and/or when you can do a straight leg raise, which takes some time to achieve.
- Avoid sitting for long periods of time (greater than 1 hour at a time). Prolonged sitting causes swelling due to the dependent position of your leg. Also, when sitting, choose firm chairs with a straight back and armrests. Armrests will provide support when you 'push off' to stand up.
- It is recommended that you find time to lie down flat for at least one hour in the morning, afternoon and evening to rest your hip and help relieve some of the discomfort caused by being up and moving.
- Pace yourself. Avoid prolonged walking, standing or stair climbing for the first month. Too much daily activity and exercise will cause pain, swelling and stiffness.
- Avoid activities (recreation and work) that involve jumping, bending or twisting the hip too far. Avoid bending the hip at an angle greater than 90 degrees. Do not cross the operated leg over your other leg and do not turn your operated leg inward (pigeon-toed) while standing. These hip precautions will help you prevent dislocation of the hip joint.
- Take precautions to avoid falling. Wear low, non-skid sole shoes. Watch out for electrical cords, wet or uneven floors, floor mats/rugs that may slide. Use night-lights to keep rooms lit, especially if you get up during the night to use the bathroom.
- Avoid lifting heavy objects. Lift max of 5 lbs. initially; gradually increase to no more than 20-40 lbs. at a time.
- Return to driving varies by patient. Preparing to drive again will be more difficult and time consuming if the right hip was replaced. Those with right leg surgery take longer to return to driving. A minimum of 8 weeks after surgery usually is required. You MUST be off narcotics. It is important to make sure that you have adequate muscle strength in your thigh before you resume driving.

Diet

- Your appetite may be less than normal after surgery.
- Incorporate proteins and plenty of fluids into your diet, both will help in the healing process.
- If you are taking narcotics, you should take some type of laxative to prevent opioid-induced constipation.
- It is very important to maintain a normal body weight after a hip replacement surgery. Excess weight will only stress your hip. On the other hand, if you have lost weight due to chemotherapy or radiation, you may need to consume additional calories to get back to your normal weight. In this case, incorporating supplemental drinks (e.g. Ensure, Boost, and Carnation Instant Breakfast) into your diet may be helpful.
- Chemotherapy compounded by the effects of surgery may cause some stomach irritation during your recovery period. Take anti-nausea medications as directed by your surgeon or nurse practitioner. Replacing large meals with several smaller meals spread throughout the day may also be helpful.

Medication

- Continue to take your regular medications.
- If necessary, take prescribed pain medication (narcotics) as directed.
- DO NOT drink alcohol or drive while taking narcotic pain medication.
- If you are taking narcotics, you should take some type of laxative to prevent opioid-induced constipation.

- You most likely will be discharged on a blood thinner to prevent clots, usually Lovenox (subcutaneous injection) for 2-4 weeks (no blood tests are necessary). Newer, direct oral anti-coagulation medications may be prescribed, or continued if you came to the hospital already taking these types of medications (Eliquis, Plavix, Pradaxa, Xarelto).
- Previously Coumadin was given. If you are on Coumadin, you will resume this for your anti-coagulation regimen. Blood tests are necessary for Coumadin; the INR range needs to be between 1.5 and 2.0.
- If you are discharged on a blood thinner administered via daily injection, no blood tests are necessary.
- You may be advised to take just an aspirin daily to prevent blood clots.

Pain

- Your surgical team understands that you will experience different levels and types of pain following your surgery. You will be prescribed a narcotic, if you wish. Some patients decline a narcotic due to the current opioid crisis and request milder pain medications (tramadol), and/or just take Tylenol alternating with anti-inflammatory medications (Advil, Motrin, Aleve), if tolerated. When we prescribe narcotics, we must do so per current state and federal regulations, which includes a narcotic contract.
- Because of the current focus on opioid addiction, we recommend a multitude of cognitive behavioral techniques, such as imagery, mindfulness, psychotherapy, deep breathing exercises, virtual reality for distraction, journaling, video games, TENS unit (muscle stimulators that can be used at home) and all other integrative care therapies (physical therapy, acupuncture, chiropractic, massage, lymphedema treatment, reiki).

Common Problems

- It is normal to feel tired after you are discharged.
- If you experience pain and/or swelling, try elevating the site for relief or apply ice – use caution not to leave on more than 20 minutes to prevent frost burn.
- If you develop a firm lump in the incisional area, and your overlying skin looks black and blue, you may have developed a postoperative hematoma (blood collection at the operative site where the mass was removed). Notify your surgeon's office.
- Your leg may seem heavy after surgery. This is due to your muscle weakness. Your strength and ability to control your leg will increase over time.
- You may experience numbness at your incision site. This is normal and usually decreases in time.
- If you have had chemotherapy and are experiencing anything unusual that could be a sign of infection such as a high temperature, cough, sore throat, mouth sores, skin rashes, chills or sweating, call your oncologist or nurse practitioner IMMEDIATELY. Chemotherapy can weaken your immune system for a period of time, so any of these symptoms could become dangerous if they are not treated quickly.
- If you have had radiation therapy, the area of skin treated (radiation field) may feel dry, hard and itchy. The skin in this area may also darken and/or peel. These symptoms should lessen within a few weeks of stopping radiation treatments. Do not scrub or use soap on the affected area. Avoid exposing the treated area to direct sunlight. When going outdoors, be sure to use a sunscreen with the highest UV protection. These precautions will help your skin heal more quickly.
- Lymphedema is chronic swelling caused by a build-up of fluid that occurs when the lymphatic system is faulty or damaged. Tumor resection, especially following radiation, can cause lymphedema. Please refer to our patient guide: *Lymphedema – What you Need to Know* (www.massgeneral.org/ortho-oncology/lymphedema).
- For constipation (not being able to move your bowels), drink plenty of water and non-carbonated fluids, and eat foods that are high in fiber (e.g. bran, prunes, fruit, whole wheat breads). There are numerous over-the-counter medications available to help relieve constipation such as Dulcolax, Magnesium Citrate, or Miralax. Ask your local pharmacist to assist you in finding one that is right for you.

- If you smoked cigarettes before the surgery, **DO NOT START SMOKING AGAIN!** Smoking (the nicotine) causes constriction of blood vessels preventing adequate blood flow to the operative area and can delay healing. If you need assistance with this, please contact the MGH Quit Smoking Service at 617-726-7443.

Returning to Work/School

- The length of disability following surgery varies depending on the type of work you do. You may return to school or a sedentary type job much earlier than you would return to a job requiring physical labor.
- You should give yourself **AT LEAST 3-6 months** to recover before thinking about going back to work/school. Everyone responds differently, but most require this time for extensive physical therapy. Then, if you follow the activity guidelines given by your surgeon, you can return to work/school when you feel ready.
- In general, we recommend patients refrain from contact sports, lifting or pushing heavy objects, and no excessive bending and prolonged sitting, standing, walking, and climbing until healed and strength has returned.
- Disability forms will be completed at your preoperative visit or as soon as they arrive at our office. All patient portions of the form **MUST BE** completed and signed by you the patient.
- Handicap placard applications will be completed if necessary. Forms can be obtained by the Registry of Motor Vehicles and then mailed to our office.

Preventing Infection

- Prior to any dental work, you must take an antibiotic to protect against infection. We will give you a letter, which can be passed on to other doctors specifying which antibiotics are needed.
- Call your primary care physician if you think you have an infection (sinus, urinary tract, respiratory, cellulitis of the skin) so that he/she can determine whether you need antibiotic treatment. If you have had chemotherapy and suspect an infection, call your oncologist.

Metal Detectors

- Your hip replacement is likely to trigger airport security alarms. Due to current airport security regulations, we no longer provide a letter verifying your prosthesis.
- Many patients question whether MRI scans are safe with a hip implant. The answer is yes; an MRI is safe.

Follow-up

- If you are discharged with a drain, your follow-up appointment is one week after discharge to check drain output and most often remove the drain.
- Schedule an appointment with your surgeon for 2-3 weeks from the date of surgery or sooner if instructed.
- If you are discharged to a rehabilitation facility, make an appointment to see your surgeon before you are discharged from that facility.
- If chemotherapy or radiation is planned after surgery, you can resume those treatments once we inspect your incision and give clearance.
- Once you complete the initial post-operative visits to check your incision, you will progress to routine oncologic surveillance visits, which are as follows: every 3 months (x2 years); every six months (x3 years); followed by annual visits (x5 years) for a total of 10 years of surveillance.

Questions/Concerns

- For any questions, call your surgeon/nurse practitioner.
- Drs. Kevin Raskin, Joseph Schwab, Santiago Lozano-Calderon: 617-724-3700
- Doctor of Nursing Practice (DNP) Anne Fiore: 617-724-7630

These instructions are basic post-procedure guidelines. Your surgeon/nurse practitioner may give you more specific instructions. Refer to our website for more information: <http://www.massgeneral.org/orthoncology/education>