## Hip & Knee RECOVERY TIMELINE

Timeline will vary for every patient.

**Day 1-2** 1-3 l-6 weeks 1 week Day 1-2: Most patients go home the weeks Month same day. Knee replacement\* patients should start week to 3 months outpatient PT. Motion is important to prevent stiffness. 1 week: A temperature of up to 101.5 is normal. Please call if higher. **1-3 weeks:** Poor appetite, constipation, weeks to 3 months muscle spasms and bruising are normal. Patients can resume sexual activities when they feel ready. Knee replacements reach 0-90 degrees of motion. Month 1-6 weeks: Pain and poor sleep are common. 4 weeks: Knee replacements reach 0-115 degrees of motion. Patients can drive once cleared. Knee replacement patients can walk unassisted. You can swim. 3 weeks to 3 months: Patients can return to work when ready. 1 week to 3 months: Swelling, warmth, redness and stiffness are common. Month **6 months:** The new joint begins to feel more normal. **1 year:** Patient is fully recovered, incision is completely healed. **Beyond:** Joint replacements can last over 20 years. You may see your surgeon every five years or as needed for routine X-rays.

## 6 months, 1 year and Beyond

<sup>\*</sup>Hip replacements only need gentle, home exercises. Activity is more cautious to prevent injury. Patients should use their walkers until released by their surgeon.