

Your Joint Replacement Journey
Blake E. Peterson, MD



The Strength of Experience

Your Surgery: _____

Date _____

(Arrival time will be assigned closer to the day of surgery)

Location

Surgery Center of the Northland
1101 Kentucky Ave
Platte City, MO 64079

St. Joseph Center for Outpatient Surgery
4510 Frederick Ave
St. Joseph, MO 64506

St. Lukes North Barry Road
5830 Barry Road
Kansas City, MO 64154

Mosaic Life Care Medical Center
5325 Faron St
St. Joseph, MO 64506

Contact us

Call our office for scheduling appointments. Appointments can be scheduled in our St. Joseph or Platte City office. The addresses and phone number for both locations can be found below.

OSMC Platte City
1305 Plaza Court
Platte City, MO 64079
(816)232-1049

OSMC St. Joseph
3107 Frederick Ave
St. Joseph, MO 64506
(816) 233-9888

Use the myMobility app on your SmartPhone for non urgent questions and issues as well as tracking your recovery and participating in home exercises. Please see the attached flyer for how to download the app. It includes exercises for before and after surgery as well as a convenient messaging platform.

Follow up

Your first follow up appointment will be approximately 4 weeks post op, unless you are a revision surgery which will typically follow up at 2 weeks.

If you need to change this appointment, please call (816) 233-9888 to reschedule. We would really like to see you around 1 month post operatively.

If your skin was closed with staples or sutures we will see you back at 2 weeks after surgery to remove those.

Otherwise we will see you at 4 weeks, 4 months, and 1 year after your surgery. After that, we will see you back every 5 years with an X-ray of your joint replacement to ensure that it is not

wearing out prematurely. With today's modern implants, I expect a couple decades of use before we notice any changes.

We will likely have you fill out forms on paper or on the internet that help us track how well you are doing. I know these can be cumbersome, but they are truly helpful. This allows me to track how well people are doing and will allow me to recognize things that work and things that need to change. If you need assistance with these forms, my staff would be happy to help you.

Pain control

Our goal is to maximize your comfort for after surgery, while reducing side effects from medications. The best way to do this is to minimize the use of narcotics or opioids. It may seem like the list of medications for surgery is overwhelming. On a separate page we break down the medications that we use around surgery and what each of them are for. Bring your medications on your day of surgery and we will be sure to answer any additional questions before you go home.

Activity

Unless you have been specifically instructed otherwise, you can advance your activity as tolerated. **You have no precautions or specific restrictions.** Be sure any physical therapist who is working with you understands this and encourage them to call my office with any questions. Your new joint is very stable due to the approach used. You may also bear weight fully on your leg and transition to a cane or crutch as soon as you feel comfortable and strong enough. That being said, advance your activity in a stepwise and cautious manner. You will likely feel better than your new joint is ready for. By your first follow up appointment you may or may not still be using a cane, and that is normal. Please refrain from any high level activities until we see you back at your follow up appointment. This includes golfing, exercising, and other more intense activities.

Physical Therapy

I view therapy as a compliment to a well done surgery. The first couple weeks, I want you to take it very easy and do activities of daily living. This allows the body time for the swelling and trauma from surgery to subside. As you get further along in your recovery, physical therapy can help reactivate dormant muscles and restore mobility and flexibility. Depending on your mobility status and home situation, we may use a short amount of home therapy or we may use outpatient therapy at a clinic.

Dressing

You will have a waterproof dressing on your hip. This should stay in place for 7-10 days. You can shower with this dressing in place. After 7-10 days, you can remove this dressing and shower without a dressing at that time. You can keep a dry dressing on your incision if you wish after 4 weeks. Please do not submerge your incision in a bath tub or pool until instructed by your surgeon- this is usually 4 weeks. If you have stitches or staples that need to be removed, we will schedule an appointment to do that at 2 weeks or have home health do it.

Blood Clot Prevention

You will be given a medication based upon your perceived risk for developing a blood clot after surgery.

Low risk patients will take a low-dose aspirin (81mg) twice per day. If you already take a baby aspirin, you will just take this twice per day for a month instead of once per day.

If you have a higher risk for blood clots, you will receive a medication called Eliquis (apixaban). This is a 2.5mg pill that thins your blood. You will take this for 30 days after surgery. This medication doesn't require any special monitoring or blood draws.

If you already take a blood thinner for other reasons, we will discuss this in the office before surgery and will likely be able to use this medication as your blood thinner post-operatively as well.

If you experience chest pain or severe shortness of breath after your joint replacement, do not ignore this. Although blood clots after surgery are very rare, they can travel to your lungs and cause what is called a pulmonary embolus. Go to the Emergency Room immediately.

Bowel movements and urinary retention

Some of the medications we give you during surgery and after surgery can cause constipation and urinary retention. These effects are not long lasting and are usually mild. You can help avoid this by trying to drink plenty of fluids and try to walk and move around as much as you are comfortable. Walking stimulates your bowels and bladder and is one of the best treatments.

We will give you a stool softener called Pericolace (docusate-senna). This will help ease the effects of the medications. You will take 2 of these pills every night.

I also will give you a prescription for Zofran (ondansetron) for any nausea that may occur after surgery. This is another side effect of anesthesia and pain medications. You can use this medication as needed.

Driving

Deciding when to drive after joint replacement is a decision that you will make based on your own judgement and your own recovery. Most joint replacement patients are feeling good enough to drive after 2 or 4 weeks. Right leg surgery takes a little longer than left leg due to the use of the right leg while driving. You cannot drive while taking narcotic pain medications. Find a safe, empty parking lot to test your driving ability and reaction time prior to getting on the road. It is incredibly rare that you will need a handicap tag after joint replacement. If you didn't have one before surgery, you wont need one after. You will likely be able to walk better in the weeks after surgery than you were able to before surgery.

Dental appointments

Many people ask "Do I need to take antibiotics after my joint replacement when I have my teeth cleaned?". The answer is - It's up to your dentist. I do not feel strongly that you need to take antibiotics before a dental cleaning as there is no evidence that routine dental cleanings cause

joint infections. However, if you dentist would like to give you antibiotics due to the extent of work they are performing or due to their own beliefs, then I do not have any issue with that and it is appropriate to take antibiotics prescribed by your dentist.

Airports and metal detectors

ID cards used to be routinely given after joint replacement, however they do not save you any time and aren't helpful to TSA or security. Most joint replacements do not set off metal detectors. If the detector is set off, just tell the security officer you have a joint replacement.

Your team

Blake E. Peterson, MD

Fellowship-trained adult reconstruction specialist Blake Peterson, MD, specializes in joint replacement and has extensive surgical expertise in hip and knee replacements, including anterior hip replacement, partial and total knee replacement, and outpatient joint replacement surgery, as well as complex and revision hip and knee surgery.

Dr. Peterson was born and raised in St. Joseph, Missouri. He graduated in 2004 from Central High School. He then went to Truman State in Kirksville, MO . Dr. Peterson earned his Doctor of Medicine degree from the University of Missouri School of Medicine in Columbia, Missouri. After completing his medical degree, he stayed in Columbia to undergo an orthopedic surgery residency at the University of Missouri. After finishing his residency training, Dr. Peterson went to Alexandria, Virginia, where he received advanced training in hip and knee replacement through an adult reconstruction fellowship at the Anderson Orthopedic Clinic. Dr. Peterson is dedicated to getting each of his patients back to their active lifestyles and finds that the most rewarding part of his practice is seeing his patients become pain-free and able to start doing the things they love again.



Drew Cottrill, PA-C

Drew Cottrill is a board-certified Physician Assistant who works with Blake Peterson, MD to provide care to patients in surgery and in clinic. Drew is from Albany, Missouri and obtained his bachelor's degree in biomedical sciences from Northwest Missouri State University. Drew then went on to attend PA school at Creighton University in Omaha, NE. Drew desired a career working in orthopedics due to his passion for treating musculoskeletal injuries and helping people get back to the activities that they enjoy.



Alex Edelman AT-C

Alex Edelman is a certified Athletic Trainer that works with Dr. Peterson and Drew Cottrill, PA-C in the office to provide care for our patients before and after surgery. He has been with the practice since 2020.

Alex is a native of Sabetha, KS and attended Washburn Univesrity in Topeka, KS and his post graduate training in Peru State College in Peru, NE.

Alex is the best point of contact for the practice and can be reached at (816)233-9888 or aedelman@osmcortho.com

