

Dr. Lobrano

Patient Guide Knee & Hip / Post-Op



1) Keep Moving!

Dedicate at least 20-30 minute a day to exercise. You can break this up into shorter time intervals throughtot the day.

2) Showering

You can shower immediately once home. **NO TUB** baths for (4) weeks after surgery!

3) Incision / Dressing

DERMABOND PRINEO System is used instead of staples or stitches to close your skin incision after surgery. It consists of a lightweight mesh that's applied over your incision, then coated with a skin adhesive to create a strong, flexible seal that protects against water and bacteria. To learn more about DERMABOND PRINEO System , visit: www.jnjmedtech.com



4) Drainage / Incision

You may have light, clear tinged fluid that drains from your incision site. This drainage is normal and should resolve in a couple of days. If the drainage does not subside , call the clinic.

