

Orthopedic Surgery Recovery Plan for Joint Fusion

Date: _____

Patient Name: _____

Patient ID: _____

Surgeon: _____

Procedure: Joint Fusion

Recovery Goals

- Manage pain effectively
- Prevent infection
- Promote healing
- Gradually restore mobility

Immediate Post-Operative Care (Days 1-3)

- Monitor vital signs regularly
- Administer prescribed medications
- Maintain wound cleanliness
- Encourage deep breathing and leg exercises

Weeks 1-2

- Follow follow-up appointment scheduled on: _____
- Begin physical therapy as recommended
- Avoid excessive weight-bearing on the joint

Weeks 3-6

- Increase mobility exercises under supervision
- Continue pain management as needed
- Regular follow-ups with the orthopedic team

Long-Term Recovery (6 weeks and beyond)

- Adhere to prescribed rehabilitation program

- Engage in low-impact activities
- Monitor for any signs of complications (e.g., increased pain, swelling)

Additional Notes

Please feel free to reach out to our office if you have any questions or concerns during your recovery period.

Best Regards,

Orthopedic Surgeon