TKA:
Patients are issued two sets of compression while in acute care at VMH.
Patients receive two tubular stockings, one for the lower leg applied from foot to calf, and a larger tubular stocking applied from distal knee to mid-thigh.
Comprilan rolled bandage is applied over tubular stockings from mid-calf to mid-thigh and secured with tape to the compression itself.
Patients are instructed to wear compression during the day and while sleeping.
Clean compression is applied in the morning and worn throughout the day. Prior to sleeping, the comprilan is removed, re-rolled, and re-applied to prevent rolling and creasing at night while sleeping. Patients are instructed to continue wearing compression at a minimum of two weeks until modified by orthopedics or during outpatient physical therapy appointments. The compression system may be modified to ensure proper fit. This may include additional comprilan, modifications to secure wrap, etc. Compression should be hand washed and air dried daily after removal.

Complete wound inspection and assessment daily with dressing changes.

THA:
Not all cases following THA will receive compression. This is determined based on current medical status, current status of lower extremities, and history of edema. Girth and tissue assessments are performed while in acute care and should continue during rehabilitation. If changes occur, compression use may be implemented with orders. Patients that are discharged with compression should continue with two tubular stockings, one for the lower leg applied from foot to calf, and a larger tubular stocking applied from distal knee to mid-thigh.
Comprilan rolled bandage is applied over tubular stockings from mid-calf to mid-thigh and secured with tape to the compression itself.
Patients are instructed to wear compression during the day and while sleeping. Clean compression is applied in the morning and worn throughout the day. Prior to sleeping, the comprilan is removed, re-rolled, and re-applied to prevent rolling and creasing at night while sleeping. Patients are instructed to continue wearing compression for two weeks or until their two week follow-up appointment with orthopedics. Compression use may need to continue longer if indicated. The compression system may be modified to ensure proper fit. This may include additional comprilan, modifications to secure wrap, etc.

Complete wound inspection and assessment daily with dressing changes.
Edema Management Exercises:
TKA and THA patients are to complete sequenced edema management exercises three times a day for a total of four weeks. Exercises are available in the patient education booklet provided for each patient. Exercises include the following: inguinal/belly massage, glut squeezes, popliteal massage, knee flexion and extension, and ankle pumps.