

RALEIGH ORTHOPAEDIC

Pioneering Orthopaedics Since 1919

- Hand & Wrist • Shoulder & Elbow • Spine • Hip & Knee • Foot & Ankle •
- Sports Medicine • General Orthopaedics • Total Joint Replacement •

Bruising

Bruising around your knee or hip may last for several weeks following surgery (see examples below). Bruising is typically a purplish discoloration that indicates blood in the area. It can also cause additional tenderness. You can reduce inflammation and bruising by elevating your leg on a pillow in bed (keep your toes above your nose). If you have any further questions regarding the bruising that you are experiencing, please contact our office.



RALEIGH ORTHOPAEDIC

Pioneering Orthopaedics Since 1919

- Hand & Wrist • Shoulder & Elbow • Spine • Hip & Knee • Foot & Ankle •
- Sports Medicine • General Orthopaedics • Total Joint Replacement •

On the left is an example of moderate/severe bruising (ecchymosis) after a total hip replacement. On the right is an example of mild bruising after a total knee replacement (notice the bruising is actually in the back of the thigh, this patient has been elevating properly and gravity has taken the blood to the back of his thigh). Both patients healed their wounds well and have recovered well from surgery.