

# Review of 100 Consecutive Same-Day Discharge Hip and Knee Replacement Patients Using the PICO Dressing

## INTRODUCTION

- Same day discharge total hip and knee replacements have become increasingly popular over the last three years due to limited inpatient resources due to the COVID-19 pandemic.
- Same day discharge patients have different requirements from inpatients to allow for self-care at home and immediate mobilization
- The PICO dressing was utilized specifically for these patients to lessen the burden of wound care at home for the first week during recovery

## METHODS

- A retrospective review of the first 100 same day discharge (SDD) total joint replacements was performed with IRB approval
- All patients received the PICO dressing postoperatively along with verbal and written instructions
- Patients were followed up on post op day #1, post op day #7, and two weeks postoperatively



## RESULTS

Between October 5, 2022, and July 19, 2023, 100 SDD total joints were performed  
68 TKAs and 32 THAs  
59 women, 41 men  
Average BMI 29  
Comorbidities: 57 % HTN, 20 % DM, 6% CAD, 5% OSA, 3% CRD  
90 day readmission rate 2%  
2% Orthopedic reoperation rate  
There was 0% wound complications , delayed healing or dehiscence

## DISCUSSION

PICO is a canister-free, single-use, negative pressure wound therapy system consisting of a sterile pump and multi-layered adhesive dressings that provide a physical barrier and allow moisture to evaporate

Advantages of the PICO dressing in the ambulatory joint replacement population are ease of care at home, a low profile device which aids in early mobilization, and carefree wound maintenance for 7 days

The PICO dressing was a valuable, cost-efficient adjunct to the postoperative care of these SDD patients