

ADAM J. CIEN, DO

Orthopaedic & Joint Replacement Surgeon

Adam J. Cien, DO

Orthopedic Surgeon | Joint Replacement



South Bend Orthopaedics

sbortho.com • 574-247-9441

Your Recovery Starts Here

Everything you need before and after your hip or knee replacement



Scan with your phone camera

Or visit:

dradamcien.com/recovery

Every handout I want you to have — before surgery, after surgery, and through your full recovery.

What you'll find on the page

Brief Patient Guide

Start here

Shopping Checklist

What to buy before surgery

Skin Prep Instructions

The three-step pre-op routine

Your Medications

What to start, when to stop

Physical Therapy

Where to go, when to call

Week-by-Week Recovery

The long read — in pieces

Constipation Help

What to take, when to call

A note from Dr. Cien

Read what's useful, ignore what isn't, and call my office anytime you have a question. We'd rather hear from you twice than miss a real concern.

How to reach my team

PATIENT PORTAL

sbortho.com

Fastest — routes to the right person

CALL

574-247-5164

Callback within 1–2 business days

AFTER HOURS

574-247-9441

On-call surgeon for urgent issues