



SYRACUSE ORTHOPEDIC SPECIALISTS

DISCHARGE INSTRUCTIONS FOLLOWING TOTAL HIP REPLACEMENT

Dr. Brett Greenky

Dr. Seth Greenky

ACTIVITY

- You may fully bear weight with an assistive aid as comfort allows, unless otherwise instructed.
- **YOU MUST FOLLOW THE HIP DISLOCATION RECAUTIONS** (see HIP DISLOCATION PRECAUTIONS on the back of this sheet)
- Use walker, crutches or cane to assist in balance and weight bearing; weaning the use of the assistive aid can be discussed with your doctor.
- Wear your elastic stockings until your follow up visit.
- You may walk several times per day with the use of a walker, cane, or crutches. Have someone walk with you in case you are unable to steady yourself.
- Physical therapy is an important part of rehabilitation after surgery. You will most likely have a couple weeks of physical therapy in your home or in a physical therapy office. One of the most important goals of physical therapy is to help improve your balance, weight bearing, and hip abductor (muscle) strength. Ultimately, however, it is **you** who needs to do the work and make progress.
- In most cases, it is safe to resume driving when you are no longer taking narcotic pain medication, and when your strength and reflexes have returned to a more normal state, and you can safely get into your car. We will assist you to determine when it is safe to resume driving at your first postoperative office visit.

INCISION

- You may shower with your incision covered. Cover the dressing with Press and Seal.
- Leave the dressing applied to your incision in place until you come in to the office for your 1st post-operative appointment.
- Remove steri-strips after 2 weeks if they have not already fallen off.

CALL THE OFFICE FOR ANY OF THE FOLLOWING:

- Temperature > 101 F
- Increased swelling or drainage from or around your incision
- Pain NOT relieved by pain medication
- Nausea or vomiting
- Chest pain or shortness of breath
- Severe calf pain

DISCHARGE MEDICATIONS

- You will be on a blood thinner (Xarelto, Aspirin, Coumadin, Lovenox) as directed by your physician. Take this medication exactly as prescribed.
- Take the pain medication as prescribed by your surgeon.
- Resume preoperative medication as discussed with your care provider on day of discharge.
- DO NOT take more than a total of 4 grams (4000 milligrams) of acetaminophen (Tylenol) in a 24 hour period.
- You can restart your arthritis pill if your blood thinner is aspirin; otherwise, wait until directed to resume it.

GENERAL PRECAUTIONS

- No dental procedures for 6 weeks (especially teeth cleaning)
- For dental procedures, or other surgeries, tests/procedures where bleeding may occur, it is recommended that you take antibiotics prior to the procedure.
- After a 6 week period of time, current AAOS recommendations are that people with immunocompromised status (difficulty fighting infections and diabetics) are the only individuals requiring antibiotic prophylaxis prior to procedures.

KEEPING YOUR HIP IN THE SOCKET FOR THE FIRST 6 WEEKS WHILE YOUR SOFT TISSUES ARE HEALING

- Although new techniques allow for relaxed hip precautions, the greatest risk for hip dislocation exists during tying shoes, when attempting to apply or remove socks, especially when attempting to perform these activities standing.

You can perform these activities but be sure to keep your knees apart and keep both elbows between your knees when performing these activities.

- You will have to sleep with a pillow between your legs at night