

Total Hip Replacement Post-Op Instructions

Diet

Regular diet or Pre-Hospital diet. Drink plenty of fluids. Eat foods high in fiber and protein and low in fat. Avoid alcoholic beverages. Avoid smoking.

Activities

You are going home a well person, so be as active as possible. Walk with your walker or crutches weight-bearing as tolerated, unless otherwise stated by your doctor . Continue using your walker or crutches until seen for follow-up visit. Avoid low chairs and slippery surfaces. Use elevated toilet seat. Do not sit longer than 45 minutes at a time. During the daytime, get up every hour and take a brief walk. Maintain your hip precautions for 3 months.

Exercises

Perform your exercise routine 3 times a day as instructed by the physical therapist. Gradually increase the repetitions of the exercises. You may place an ice bag on your hip for 5-10 minutes after exercising. You should walk daily, each time lengthening your walking distance as your strength improves.

Medications

Take anticoagulant medicine (prescribed by your doctor) to prevent blood clots. Do not take Aspirin or anti-inflammatory medicines while you are taking Coumadin.

Take a multivitamin with iron once a day for a month. You may need to take a laxitive or stool softener if you experience constipation.

Prescription given for pain medicine. Take as directed. Take pain medication with food. You will find that you will decrease the amount you use as your pain lessens. You may take Tylenol (Regular or Extra Strength) if needed.

Incision Care

You will have steristrips (tapes) on your hip incision. Do not remove them, they will come off on their own. You may take a shower when your incision is dry, generally about a week after surgery. To shower, tape around all edges of your dressing on your hip. After showering, put a dry sterile dressing on your hip. You should keep a sterile dressing on your wound if there is any drainage; Change daily. Wash your hands thoroughly before changing your dressing. Wear your elastic stockings for 4 weeks. You may remove them for approximately 1 hour when showering/sponge bathing.

Follow-Up Office Visit

See Dr. Uyoe in 4 weeks. Call to make an appointment 212-7841.

Reasons to call the Doctor

1. Increased redness, swelling or drainage from your incision site.
2. Temperature consistently greater than 101 degrees
3. Increased pain or unrelieved pain
4. Calf or chest pain

Home Health

Physical Therapy-- Routine exercises, transfers, gait training, No active straight leg raises-- 3 times a week for 3 weeks.

Home nursing--draw an INR every Wednesday for 3 weeks, if on Coumadin. Fax the results to Dr. Uyoe at 212-7846. Call abnormal results to 212-7841.

Hip Precautions (follow for 3 months)

1. Do not cross your legs.
2. Do not force your operated leg inward
3. Do not bend your hip more than 90 degrees (right angle)
4. Do not do low squatting

Medical Representations

Please be aware that the information provided on this site is to supplement the care provided by your physician. It is not intended nor implied to be a substitute for professional medical advice. The use of this Site does not create a physician-patient or provider-patient relationship nor is it intended to replace a health professional-patient relationship. You should always consult with a professional for diagnosis and treatment of any health problems. CALL YOUR HEALTHCARE PROVIDER OR GO TO THE CLOSEST EMERGENCY ROOM IMMEDIATELY IF YOU THINK YOU MAY HAVE A MEDICAL EMERGENCY. You should not disregard any advice or treatment from your healthcare professional based on your interpretation of what you may read on the Site.

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