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Experience You Can Trust
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POST-OPERATIVE INSTRUCTIONS - ANTERIOR APPROACH TOTAL HIP REPLACEMENT

1. **Incision care**

Dressings must be kept clean and dry. You may shower when there is no drainage from your surgical site. Your incision should stay clean, dry and covered until your first post-operative visit. You may not take a bath, go swimming, or sit in a hot tub, until the incision is completely healed

2. **Relieving pain**

It is normal to have some pain after surgery. Pain medications have been prescribed and enough pain pills have been given to cover you until your first office visit. It should be noted that pain medications take about one-half to start working, so take them prior to the pain becoming severe. DO NOT drink alcohol while taking prescribed pain medication. If you need a refill on pain medication before your first scheduled appointment, please call our office during regular office hours.

3. **Blood Thinner**

If you do not have a history of blood clots you will be sent home with Enteric Coated Aspirin 325mg 1 tablet by mouth daily with food for 6 weeks after surgery. If you have a history of blood clots, you will be sent home on an injectable blood thinner. This medicine is to prevent the development of a blood clot. Do not discontinue the prescription unless you have contacted our office first.

4. **TED hose**

We recommend that you wear them for approximately three weeks after your surgery. The purpose of these stockings is to prevent blood from pooling in your legs and subsequently developing a blood clot. You may remove them when you shower, but they need to be worn day and night, while sleeping or during periods of inactivity.

5. **Driving**

You may not drive until after your first post-operative visit and you are off all narcotics.

6. **Diet**

Typically, with adequate protein intake for promotion of healing, there are no special diet restrictions. Make sure you eat a well-balanced meal, drink plenty of fluids and incorporate fiber into your diet as oral pain medications have a tendency to cause constipation. It is also a good idea to take a stool softener such as Colace or Citrucal daily until your system gets regulated after surgery and you are off all narcotics.



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7. Activity

For the first few weeks after surgery, walk as often as you can without overdoing it. Let pain be a guide as to how often and for how long. Take it easy and try not to overdo it keeping in mind that you have just had surgery. After the initial post-operative phase, we will gradually progress your activities. However, initially it is extremely important that you exercise your new joint by walking.

7. Dental Work after Joint Replacement

Currently the American Dental Association and the American Academy of Orthopedic Surgeons have suggested that antibiotics before dental treatment are not needed. However, your doctor still uses an antibiotic regimen prior to dental treatment. Please call us, or your dentist ahead of time so that an antibiotic can be prescribed before you have your dental work done. You will need to take antibiotics for dental work for the rest of your life. You may not have dental work performed for 3 months following your joint replacement due to the increased risk of infection. If a dental crisis occurs within this time period, please have your dentist get in touch with our office to discuss treatment.

7. Post-operative appointment

Please call our office for a post-operative appointment approximately 7-10 days after your surgery, if an appointment has not already been set up.

Call the office immediately if you notice any of the following

- Circulation problems: the toes of the affected extremity present color changes (blue or white) with no pink at all
- Fever above 101° Fahrenheit
- Persistent swelling, redness, or uncontrolled pain in the surgical area
- Increased bleeding, drainage, or foul odor from the wound
- Severe calf pain or tenderness

Call 911 if you have sudden crisis such as symptoms of a heart attack, stroke, dizziness or confusion, or chest discomfort or pain.