



**POST- OPERATIVE INSTRUCTIONS**  
**PROCEDURE: TOTAL HIP REPLACEMENT**

- Dressings: Your hip incision is covered by a mesh dressing covered with superglue. Please do not remove this
- Cold Therapy: Apply ice to the knee in a waterproof bag for 20 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt or pillowcase.
- Crutches or Walker: Use crutches or a walker at all times. You may weight bear as tolerated on your operative leg
- Hip Precautions: Do not flex your hip past 90 degrees. Do not internally rotate your leg, bring your leg across the midline of your body or cross your legs above your knees.
- Early Rehab: The most important rehab after a total hip replacement is walking. You should walk regularly, increasing the amount each day/week. There will be plenty of time later for strengthening.
- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- DVT (blood clot) prevention:
  1. Perform range of motion exercises for the uninjured leg to exercise calf muscles. Do ten reps every hour minimum while awake
  2. Beginning the day of surgery, take an 81mg Aspirin twice daily for 4 weeks unless not allowed for other medical reasons.
- 1st Post-Operative Appointment: Please follow up 4 weeks after surgery. At that visit we will remove the mesh dressing.

- When to call your surgeon:
  - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
    - Persistent fever >101, chills
    - Increasing pain at the surgical site
    - Increased swelling/pain in the calf
    - New onset numbness or tingling
    - Hives or new rashes
    - Shortness of breath or chest pain
    - Persistent nausea/vomiting
  
- Prescription Refill Protocol: You **MUST** give your physician 48 hours notice for any medication refill. Many medications require an electronic prescription and cannot be filled over the weekend.