

PLANNING FOR YOUR TOTAL HIP REPLACEMENT

DAY OF:

Nothing to eat or drink after Midnight the day of surgery

Any medication that your PCP advised you must take the morning of surgery can be taken with a small sip of water.

Make sure your raised toilet seat is located in the bathroom you will using at home after surgery.

If you surgery is taking place at Buffalo General Hospital you must arrive 3 hours before surgery. If your surgery is taking place at Southtown's Surgery Center you must arrive 2 hours before surgery.

Your surgery will last approximately 1.5 hours and will be done under general anesthesia.

Your incision will be closed with an internal suture and skin glue.

You will leave the hospital with a dressing on your hip, this will stay in place for 5-7 days. You will want to sponge bath until the dressing is removed.

If your surgery is taking place at Southtown's Surgery Center you will have an x-ray and an evaluation by one of our Physical Therapists before you are discharged. Once discharged a Registered Nurse with the Visiting Nurses Association will meet you at home.

If your surgery is at Buffalo General Hospital you will be discharged the same day or next day.

You will leave the hospital or surgery center with a walker.

ONCE DISCHARGED:

You will be discharged with oxycodone, tramadol, Tylenol and Celebrex for pain control. You will also be discharged with 325MG aspirin for DVT prophylaxis, you will take this for six

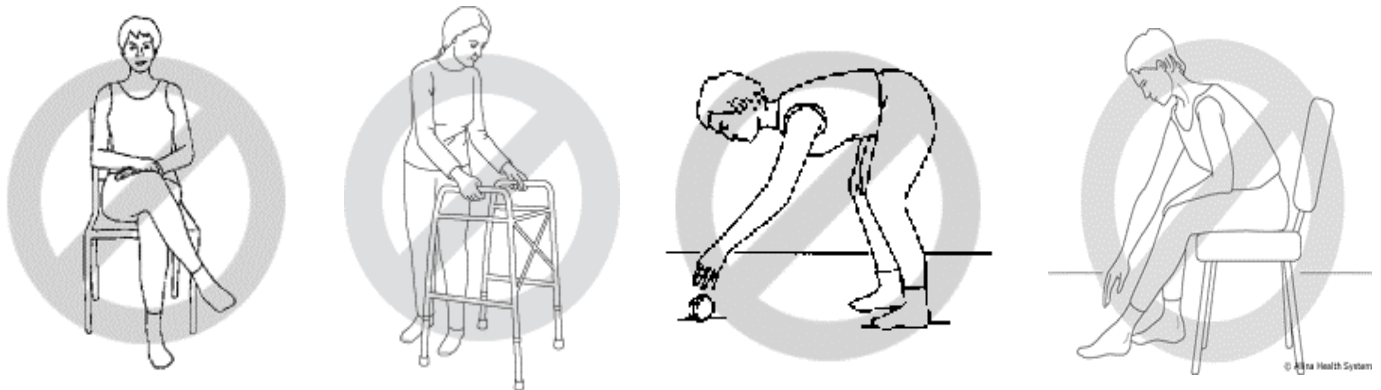
weeks. All will be sent to your pharmacy electronically. Have your driver stop on the way home to pick these up for you.

You will leave the hospital or surgical center with an ice pack on your hip. You will want to use this multiple times a day during the first few weeks, this will help reduce swelling.

The VNA will visit you at home and show you some basic exercises.

You will NOT attend outpatient physical therapy. The best therapy is to sit down, stand up, walk around and repeat. Along with ankle pumps, buttock set and gentle stretches (these can also be found on RecoveryCoach).

You will have position restrictions to follow for six weeks. We want you to avoid the extreme position of your hip. Your pain will guide you. Generally, no hip flexion greater than 90 degrees, no crossing legs and bending forward towards the ground.



You are able to sleep on your surgical side when comfortable with a pillow in between your legs.

You are allowed to shower but the incision needs to remain dry.

NO cream, lotions or submerging the incision (hot tubs, pool, baths ect) until 6 weeks after surgery.

You will follow up with our office two weeks and six weeks after surgery. Your post-operative appointment is in the surgery letter you received from our office.

THINGS TO EXPECT AFTER SURGERY

Your incision will be tender and swollen for about 6 weeks.

The pain medication may cause nausea and constipation.

The muscles around your hip will be tight and stiff for several months.

Most people have discomfort with lifting their leg for several months due to the muscles being stretched during surgery.

It is common for there to be numbness around the incision and this may last up to one year.

Your lower legs will be swollen early on after surgery and you can discontinue the compression stockings once the swelling has resolved.

PLEASE CALL THE OFFICE IF YOU:

Have a sudden increase in extreme pain.

Redness or drainage from your incision

Fever or Chills

Calf/ankle swelling that does not resolve with elevation and compression stockings

