

Dr. Kurt Rathjen
BIRMINGHAM HIP RESURFACING AND BIG HEAD
TOTAL HIP REPLACEMENT---POST OP INSTRUCTIONS

ACTIVITIES AT HOME

General Guidelines

- It is common to have a low-grade fever after surgery. Call if you have a fever over 101 degrees F.
- Swelling is normal for the first three to six months after surgery. Elevate your leg and apply ice to your hip.
- Calf pain, chest pain or shortness of breath is signs of a possible blood clot. Notify the office immediately if you notice any of these symptoms.

Guidelines for wound care

- Keep the incision clean and dry.
- It is okay to shower with a dressing on your incision until the staples are removed. Do not get the incision soaking wet (no bath or swimming). Change the dressing when you get out of the shower.
- Your staples will be removed 10 days after surgery and steri-strips will be applied. No more dressings will be required.
- You may get the incision wet—shower, bath, or swim the day after the staples is removed.
- If the steri-strips do not fall off after 5 to 7 days, then remove the steri-strips and begin to massage the incision with hand lotion, aloe, or Vitamin E. Do this for 5 minutes twice a day.
- Notify the office if the wound appears red or begins to drain.

Medications

- Take all medications as directed. You will probably be given a blood thinner to prevent clots from forming in the veins of your calf and thigh, because these clots can be very serious.
- Do not restart taking anti-inflammatory or arthritis medicines until you have stopped taking all blood thinners.

- Narcotic pain medication can cause constipation. Drink plenty of fluids and use a stool softener or laxative (Senokot 2 tablets at bedtime) if needed. Senokot is available over the counter.
- Because you have an artificial joint, it is especially important to prevent any bacterial infections from settling in your joint implant. Be sure to notify your dentist that you have a joint replacement. You should take antibiotics before you have any dental work.

Diet

- By the time you go home from the hospital, you should be eating a normal diet.
- Continue to drink plenty of fluids.
- Avoid excessive intake of Vitamin K while you are taking the blood thinner medication. Foods rich in Vitamin K include broccoli, cauliflower, Brussels sprouts, liver, green beans, garbanzo beans, lentils, soybeans, soybean oil, spinach, kale, lettuce, turnip greens, cabbage and onions.

Resuming normal activities

Once you get home, you should continue to stay active. The key is to remember not to overdo it! While you can expect some good days and some bad days, you should notice a gradual improvement and a gradual increase in your endurance over the next 6 to 12 months. The following are guidelines:

- Physical therapy exercises: Continue to do the exercises prescribed several times a day. Remember your hip precautions. You will continue these precautions for 3 months.
- Weight bearing: You will be able to bear weight on the operative leg as tolerated. You will be using a walker or crutches for 4 weeks and then can progress to a cane in the opposite hand. You must continue to use the cane until you are seen in the office for your first post operative appointment.
- Driving: You can start driving when you can safely follow hip precautions getting in and out of your car, provided you are no longer taking narcotic pain medication. Do not drive a manual transmission vehicle for at least 6 weeks. Remember that your reflexes may not be as sharp as before your surgery. Patients that have had a left hip resurfacing or replacement usually drive sooner than patients that have had a right hip procedure.

- Metal detectors: The sensitivity of metal detectors varies and your prosthesis may set off an alarm. You should carry a medic alert card indicating you have an artificial joint. You will receive a card at your first post-operative appointment.
- Sexual relations can be safely resumed approximately 4 to 6 weeks after surgery. Remember your hip precautions (the physical therapist will give you a list of Do's and Don'ts).
- Sleeping positions: Sleep on your back with your legs slightly apart or on your side with a pillow between your knees. Be sure to use the pillow for at least 6 weeks
- Sitting: For at least the first 2 months, sit only in chairs that have arms. Do not sit on low chairs, low stools, or reclining chairs. Do not cross your legs. Get up and move around on a regular basis, at least once every hour.
- Return to work: Depending on the type of activities you perform, it may be one to three months before you return to work.
- Other activities: Walk as much as you like six weeks after surgery, but remember that walking is no substitute for the exercises the physical therapist taught you. Swimming is also recommended; you can begin as soon as the staples are removed. Avoid activities that put stress on the hip. These activities include: tennis, badminton, contact sports, racquetball, jumping, squats, or jogging. Do not do any lifting more than 40 pounds.

Please keep your scheduled post-operative appointment
_____ (approximately 6 weeks after surgery)

Important phone numbers:

- Main number: 214-824-4866
- Liz McMurry, R.N., F.N.P., O.N.C.: 214-824-4972