HOME CARE AFTER TOTAL HIP REPLACEMENT

**Wound Care:**
1) After 3 days remove the dressing.
2) Keep a bandage on the wound and change it every 2 days until there is no longer drainage. Some drainage may persist for up to 2 weeks after surgery.
3) Apply ice to hip for 20 minutes 3 times per day for 2 weeks.
4) Keep the wound dry until the staples are removed.
5) Call the office if you develop any of the following:
   - Temperature over 101 degrees
   - Large amount of bleeding from incision
   - Significantly increased redness, pain, numbness, or swelling
   - Thick, yellow, or foul smelling drainage from incision

**Restrictions:**
**Restrictions after hip replacement are in effect for the 1st 6 weeks after surgery. All restrictions are released after 6 weeks.**
1) You are only allowed to put 40% of your full weight on the surgical leg for 6 weeks. You must use either crutches or a walker at all times to maintain these restrictions for 6 weeks.
2) You are not allowed to move your surgical leg out to the side for 6 weeks.
3) You are not allowed to move your surgical leg inward past the midline of your body for 6 weeks. If you sleep on your side, you must sleep with a pillow between your legs to maintain this restriction.
4) You are not allowed to bring your hip toward your chest past 90 degrees for 6 weeks. This also applies to bending forward (especially in sitting). You cannot bend forward more than 90 degrees for 6 weeks.
5) You should avoid rotating your surgical leg toward the inside or outside of your body for 6 weeks. Attempt to keep your leg in a straight line with your knee & foot facing forward.

**Exercises:**
1) Perform each directed exercise 2-3 times per day. Do 10-15 repetitions per exercise. Ice your hip after exercises.
2) Physical Therapy is an important part of your rehabilitation. You will have PT while in the hospital. Outpatient PT will be arranged when you return for your 2 week post-op appointment if it hasn’t already been set-up.

**Pain:**
1) A prescription pain medication will be given to you before you leave the hospital.
2) Take 2 aspirin each day for 1 month (unless you are allergic to aspirin or have been directed by another doctor not to take aspirin).
3) If you need additional pain medication call the office during office hours.
4) Some discomfort in the hip is expected for up to 6 weeks. Swelling in the operated hip, leg, and foot is often noticeable for up to 4 months.

**General Directions:**
1) Please contact the office, during office hours, to set up your 2 week post-op appointment.
2) If you have any questions, concerns, or are unsure of your appointment times call the office during office hours.