

MINNEAPOLIS ORTHOPAEDICS

Advanced skills and experience for the results you deserve

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Office Hours: 8:30 am – 5:00 pm Monday thru Friday
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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.