

Post Operative Instructions: Total Hip Arthroplasty

You are recovering from reconstructive hip surgery. The following information is to help make your recovery as smooth and rapid as possible.

1. Diet – resume your normal diet at home. A well balanced diet promotes healing.
2. Activity – Weight bearing as tolerated on the operative leg. Use your walker as instructed. Continue the strengthening exercises as instructed by your physical therapist.
3. Restrictions – Total hip precautions remain in effect for 12 weeks after surgery. You must keep a pillow between your knees when in bed. You may not flex your hip greater than 90 degrees and do not cross your legs.
4. Incision – Leave the incision open to air and the surgical superglue and mesh dressing will peel off over the next 2 weeks. We will remove the rest of it at your 2 week follow up appointment. You may apply a dressing if drainage occurs. If a different dressing was used we will give you instructions at time of discharge.
5. Hygiene – You may shower but avoid tub bath or hot tub for the first three weeks following surgery. Wash your hands frequently and try to avoid touching your incision.
6. Work - You may not return to work until cleared by your provider
7. You will continue on a blood thinner for four weeks after discharge. We will use Prilosec once daily for GI protection while on aspirin therapy unless you are already taking a similar medication.
8. Continue to use the incentive spirometer every 2 hours while awake.
9. Constipation is common following surgery and can be prevented by increasing water and fluid intake, increasing fiber in the diet, and by adding Docusate sodium 2 tabs daily while taking narcotic pain medication. You may try warming equal parts of ginger ale and prune juice in the

microwave for 1-2 minutes. This may provide relief of symptoms. If this is not effective, you may take Milk of Magnesia or over the counter laxatives.

10. Follow-up in the Orthopedic office in about 10- 14 days.

11. All dental appointments will require oral antibiotics after total joint replacement. You may not have any dental work done for the first 3 months following surgery. We can order this medication for the appointment. Make your dentist aware of your joint replacement.