

## POSTOPERATIVE INSTRUCTIONS: TOTAL HIP REPLACEMENT

### MEDICATIONS

- ❖ Pain medication: You will be sent home with Tylenol, Celebrex (take for 3 weeks), and Oxycontin IR to take as needed.
- ❖ Blood clot prevention: Xarelto 10mg daily for 2 weeks, then Aspirin 325mg daily for 4 weeks for a total of 6 weeks of treatment.
- ❖ Resume all other home medications unless specifically instructed not to by your surgeon.

### SURGICAL DRESSING

- ❖ A large plastic dressing will be placed over your bandage before discharge from hospital to allow for shower at home. Please keep as dry as possible until first postoperative visit when the dressing and staples will be removed.

### ACTIVITY

- ❖ You are allowed to be weight-bearing as tolerated.
- ❖ Do not flex the hip over 90 degrees and do not cross your knees. These are referred to as “posterior hip precautions” and will be in effect for the first 6 weeks following your hip replacement.
- ❖ Please take with you the elastic stockings (TED hose) that were provided to you in the hospital. They should be worn at all times with the exception of bathing. You may stop using these 14 days after surgery. Use large, comfortable shoes that can easily be put on and removed, without having to reach your foot. You will also need assistance to cut your toenails. The flexion required to reach your foot may cause the hip to dislocate in the early postoperative period.
- ❖ Sit in a high armchair. The height should be approximately 25” if you are 6’ or taller, 22” if you are about 5’6” and 20” if you are 5’ or less. Use your hands to assist with sitting & rising from the chair.
- ❖ Use a high toilet seat. Sitting in a low seat may dislocate the hip before it heals.
- ❖ If your bed is low, raise it to a height by placing another mattress on it or blocks under its feet.
- ❖ At night, sleep with a pillow between your thighs and knees; you may turn in bed if the pillow is between your knees. You can lie on the operated side if it does not hurt you.
- ❖ You cannot drive a car for the first six weeks after surgery. You can be a passenger if you are very careful getting in and out of the car. Place the seat high and move the seat back to allow adequate leg room. Recline the seat back to a comfortable position as to limit hip flexion.
- ❖ Follow the instructions from the physical therapist regarding the use of a cane, crutches or walker.
- ❖ Continue the exercises as instructed and as tolerated. If your hip hurts, do them until the pain subsides.  
**The exercise that involves flexion and extension of your ankles and feet is essential and you should do it several times a day. It will help prevent the formation of clots in your veins.**
- ❖ Some hip pain & swelling that could extend down to your leg is not unusual during the first few weeks after surgery, and it should ease with time. You may also have black & blue bruising on the hip and leg.
- ❖ Walking distance and level of activities can progressively increase according to how your hip feels.

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#### APPOINTMENTS

- ❖ You will see Dr. Kim 2 weeks after surgery.
- ❖ For questions or concerns, please contact the surgery scheduler directly or call 520-784-6200.
- ❖ You should schedule a physical therapy appointment to begin within 1-2 weeks after surgery. The timing will be discussed during your postoperative visit.