



Total Hip Replacement

Before Surgery

The night before surgery you can eat and drink until midnight. After midnight, do not drink or eat anything until after your surgery is over. If you have questions about medications that you take in the morning, ask our office for direction.

Recovery after surgery

You will need to stay in the hospital for approximately three to five days. After the hospital, you will be either going home or to a transitional care facility. A physical therapist will be coming to your home to work with you three days a week. Home nursing will also be assisting you.

You will have a wedge pillow while in the hospital. This is to keep your knees apart while you are in bed to prevent the new hip from dislocating. The following are hip precautions that you will need to take:

- Do not bend your hip more than 90 degrees for six weeks.
- Do not cross your legs for six weeks.
- Do not lay on your side for six weeks.

To keep you comfortable, you will be given a prescription for narcotics, ie. Lortab, Percocet, etc. Make sure and take these 1/2 hour before going to physical therapy. Take your pain medications as prescribed.

To help prevent blood clots you will be taking Coumadin for one month after surgery. This is a medication that will need to be monitored weekly. Also, you will have white thigh high stockings on both legs to decrease the risk of blood clots. Wear these for the first three weeks.

Activities

- The nurses will get you up into a chair the morning after surgery.
- Physical therapy will start immediately. They will begin with range of motion exercises and walking with a walker. Work very hard with your therapist. The first month determines your final range of motion outcome.

Note:

You will need antibiotics when ever you have a procedure, especially dental. If you will follow these guidelines your surgery will have a higher success rate. For more information, check out: <http://www.orthoinfo.org/>