



Vipul Dua M.D., LLC
www.drVIPulDuaOrthopedics.com

TOTAL HIP REPLACEMENT

Following your total hip replacement surgery, you will likely be discharged home same day but if deemed necessary and you are scheduled to have surgery at a local hospital then you may remain in the hospital for additional 1-2 days prior to being discharged home with services. If you are deemed to be unsafe for home discharge, the hospital may need to arrange a rehab facility stay for a short time.

Activity

You can bear full weight on the operative extremity immediately following your procedure. Physical therapy will have you walk a couple hours after surgery completion once your spinal block wears off. Initially you will use a rolling walker but can quickly progress to a cane if stable. Stairs can be performed the same day as well. It is essential to start range of motion and strengthening exercises immediately in order to have the best outcome. You will have strict hip precautions that must be followed for the first **six weeks** in order to prevent dislocation. **These restrictions include avoiding hip flexion above 90 degrees, internal rotation of your operative extremity, and avoiding crossing your legs.** An occupational therapist will work with you at the hospital to show you the proper way of performing daily activities while maintaining appropriate hip position. **You will be required to sleep on your back with an abduction pillow between your legs for the first six weeks.** The duration of physical therapy will depend on your progress and healing. Everyone is different. Apply ice to your hip in order to help keep the swelling down.

Dressing

The bandage directly over your incision will remain in place for 7 days. If it becomes saturated with blood/drainage, it will be changed by the visiting nurse/physical therapist. Your incision will be closed with skin glue. **You may shower 3 days after your procedure if your incision is healing appropriately and without drainage (keep dressing on but keep as dry as possible).** Do not soak the incision! Avoid using creams, lotions, and other topical products on the incision until you are evaluated at your post-op appointment.

Deep Vein Thrombosis Prevention

While at the hospital you will have mechanical compression stockings in place to keep blood circulating in your legs. When you are not doing your physical therapy exercises, it is beneficial to perform ankle pump exercises frequently. **You will be placed on an oral anticoagulant (i.e. Aspirin E.C. 81mg by mouth twice a day) which will need to be taken for 6 weeks.** If you are on an anticoagulant for medical reasons, this medication will be resumed soon after surgery. Consider purchasing thigh high compression stockings for when you're discharged home. Swelling in the operative leg is expected.

Driving

You may begin driving a couple weeks after surgery if you can sit comfortably in the car and are able to control the gas/break pedals without difficulty. **Do not take narcotic pain medication prior to driving!**

Work

Timing for returning to work will depend on the field of work you're in. Overall, sedentary workers, such as secretaries, are able to return to work at around 4-6 weeks. More strenuous jobs such as construction workers and manual laborers may need closer to 2-3 months. Everyone recovers differently so we will determine appropriate return to work dates once you're evaluated at the office.



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Pain Management

You will be discharged on a list of medications to help control your pain. It is important that you stay on top of your pain and take the medications as directed. Consider taking the narcotic pain medication just prior to working with your physical therapist in order to get the most out of your session. If you need a refill of your pain medications call the office ahead of time. **Please allow us 24-48 hours to complete your request.** Prescriptions will only be filled during normal business hours. **Narcotic pain medications cannot be called into the pharmacy so you will need to pick up a prescription at the office.**

Dental

Preparing for surgery you should be aware that the recommendation is: no dental cleaning or dental procedures for 3 weeks before your surgical date and extending afterwards 3 months after the surgical date. After 3 months post op you do not need antibiotic prophylaxis for routine oral exam and dental cleanings.

Please call the office immediately if you develop any of the following worrisome symptoms: High spiking fevers >101 degrees Fahrenheit, chest pain, shortness of breath, severe uncontrolled pain, calf swelling/tenderness, spreading redness around incision, drainage from incision, or inability to move extremity. If you experience these symptoms outside of normal business hours, the office will connect you to the physician on call.