

Discharge Instructions for After Your Total Hip Replacement

Notify Your Surgeon if You Develop the Following Symptoms:

- Fever of **101.5°** or higher
- Severe pain associated with twisting, turning or injury that doesn't decrease with rest
- Continued drainage, swelling, or burning from the operative site
- Continued change in color and/or coolness of the operated leg/foot
- For questions or concerns call your provider's office or the hospital main line at 617-754-5000, then they can transfer you to provider office or if after hours page on call provider.
- **For emergencies such as chest pain or shortness of breath CALL 911**

Incision Care and Showering:

- Wash your hands before and after any incision care
- You may shower as soon as you return home
- Do not scrub and/or wash the incision site
- You have a waterproof antimicrobial dressing covering your incision. This dressing should be removed 7 days after application.
- Contact your Surgeon's office if the dressing becomes saturated or is leaking fluid
- You may have steri-strips (white strips running along your incision) that may begin to peel and fall off. Leave the steri-strips on until they fall off on their own. At your follow-up visit, your surgeon will remove them if they are still on
- **No** tub baths, hot tubs or swimming until after your follow up appointment with your surgeon

Elastic Stockings:

- Wear them during the day and evening for 3 weeks
- You may remove them at bedtime
- Continue active ankle pumps to help circulate your blood



Medications:

- Please see the Medication Reconciliation Sheet for a complete list of your medications
- Anti-inflammatories, Tylenol, ice, limiting over-activity and controlling swelling are also effective in managing pain
- **Use narcotics sparingly/as prescribed. Your surgeon would like you completely off narcotics by 10 days after your surgery**
- **DO NOT** take narcotics to get more out of your therapy sessions

Activity and Restrictions:

- See a copy of exercises from your surgeon provided to you by your Physical Therapist
- Avoid prolonged periods of sitting, standing or walking to prevent excessive swelling. Limit each of those to a 1-hour limit for the first 5-7 days after your surgery
- Use two crutches or a walker with EVERY STEP until you are walking with minimal or no pain and also without a significant limp.
- **NO DRIVING if you are on narcotic pain medication**
- Apply ice to operative area frequently (remove or reposition ice every 20 minutes)
- Spend more time in bed with your leg at heart level if you are experiencing excessive swelling
- Do not apply heat near incision
- Deep breathing is helpful to decrease chances of developing pneumonia. Take three deep breaths every hour while awake.

Dental Work:

- You must inform your dentist about your new joint replacement. Avoid all dental work except in case of emergency for 3 months (90 days) after surgery. Notify your surgeon if you have a dental emergency. Follow up with your surgeon if you have further questions.

If you are going home the day of surgery, you must have a responsible adult with you for 24 hours after anesthesia for your comfort and safety.

It's important that you follow-up with your surgeon for a visit in the office after your surgery.