

## TOTAL HIP ARTHROPLASTY POST-SURGERY INSTRUCTIONS – DR. Justin Schupbach

### WOUND CARE

1. Cryotherapy/ICEMAN (continuous icing machine) protocol: Use 10 to 14 hours per day until follow-up or use ice packs 20min per hour while awake. DO NOT put the ICEMAN pad directly against your skin (use a thin towel/clothing).
2. Remove tensor wrap & loose gauze in 3 days. Throw away loose gauze. If there are small white sticky bandages, leave them in place until they fall off. Rewrap with tensor wrap.
3. Keep incisions clean and dry until 72 hours after surgery, at which point you may shower unless your incisions are draining. No tub baths, swimming pools, hot tubs, etc. for a minimum of 3 weeks following surgery. DO NOT scrub or pick off the white sticky bandages or paper tapes (SteriStrips) underneath.

### ACTIVITY

4. Start weight-bearing on the surgical leg and increase the amount of weight-bearing as tolerated while using crutches or a walker until you are steady enough to safely walk without them.
5. Don't sit for more than 30 to 45 minutes at a time.
6. Use chairs with arms, and sit with your knees slightly lower than your hips. Don't sit on low or sagging chairs or couches.
7. Don't lean forward while sitting.
8. Don't cross your legs.
9. Keep your feet flat on the floor. Don't turn your foot or leg inward. This stresses your hip joint.

10. Use a raised toilet seat for 6 weeks after surgery.
11. Use pillows between your legs when sleeping on your back or on your side.
12. Sit on a firm cushion when you ride in a car and don't sit too low. Try not to bend your hip too much when getting in and out of the car.

#### Moving safely

13. Don't bend at the hip when you bend over. Don't bend at the waist to put on socks and shoes. And don't pick up items from the floor.
14. Remove electrical cords, throw rugs, and anything else that may cause you to fall.
15. Use nonslip bath mats, grab bars, a raised toilet seat, and a shower chair in your bathroom.
16. Avoid exercising or strenuous activities (other than those outlined in #17) until you are seen for your follow-up appointment.
17. Exercises: Perform all exercises 6 times a day (start today or tomorrow): quadriceps sets, calf pumps, straight leg raises, heel slides (instructions below).
18. Schedule physical therapy to start 4-5 days following surgery: Hip Arthroplasty protocol - given to you in the clinic.
19. Driving: OK to drive automatic ONLY if you had surgery on your left leg. No driving of a manual/stick shift vehicle for 6-8 weeks. When going back to driving, be sure to test braking/acceleration maneuvers in an empty parking lot before entry into any traffic areas. **ABSOLUTELY NO DRIVING WHILE TAKING NARCOTICS!** (i.e., Tylenol #3/codeine, Norco, Vicodin, Percocet, oxycodone, etc.)!

#### DISCHARGE MEDICATIONS:

1. Stool softeners such as Colace (Ducosate Sodium) or Senokot-S, 2 tablets: take once a day while taking narcotics. These medications do not require prescription.
2. Blood thinners:  
Xarelto (Rivaroxaban) 10mg, take one tablet once a day starting the first day after surgery and continuing up to and including the 30th day after surgery.

3. Oxycodone 5mg: ½ to 2 tablets every 4-6 hours as needed based on your pain.
  
  4. Tylenol (acetaminophen) 325mg: 2 tablets, 3 times per day (no prescription).  
Maximum 3000mg in 24hrs from all sources.
  
  5. Magnesium Oxide, 400mg. Take ONCE per day, on any day that you take oxycodone.
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5. Check your discharge package and prescriptions to see if any other medications were prescribed for you.

DIET: If no nausea, clear liquids should be taken initially. Then progress to solid foods when clear liquids are tolerated. No alcoholic beverages for at least 48 hours or while taking pain medications. Drink plenty of fluids and eat high fibre foods to prevent constipation while taking prescription pain medications.

EMERGENCY: Call or return for any fevers (temperature greater than 101°F or sustained fevers greater than 100.5°F that haven't resolved within 3 to 4 days following surgery) or chills, increasing pain, swelling, redness, calf pain, drainage (especially if yellow, green, or foul smelling), excessive bleeding, chest pain, shortness of breath; After hours or in an emergency go to your local urgent care center, the ER or dial 911.

## EXERCISES

Quad sets



1. Sit with your leg straight and supported on the floor or a firm bed. Tighten the muscles on top of your thigh by pressing the back of your knee flat down to the floor.
2. Hold for 10 seconds, then rest for 10 seconds.
3. Do 5 sets of 10 repetitions several times a day.

Straight-leg raises



1. Lie on your back with your good knee bent so that your foot rests flat on the floor. Your surgical leg should be straight.
2. Tighten the thigh muscles in the surgical leg by pressing the back of your knee flat down to the floor. Hold your knee straight.
3. Keeping the thigh muscles tight, lift your affected leg up so that your heel is about 12 inches off the floor. Hold for about 3 seconds, and then lower slowly.
4. Do 3 sets of 25 reps

Ankle Pumps



1. Sit or lay with your affected leg straight. You may also do this while your leg is elevated.
2. Keeping your affected leg straight, gently "pump" the ankle like pressing on a gas pedal.
3. Repeat 3 sets of 25 reps