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TOTAL HIP DISCHARGE INSTRUCTIONS

PAIN MEDICATION

- ◆ Your doctor has ordered pain medicine for you. If you take this medicine about 30 minutes before you do your exercises, you may tolerate the activity better.
- ◆ Eat something before you take pain medicine. Eating may help prevent or relieve a “queasy stomach” (nausea).
- ◆ Unless you have discussed these with your doctor or pharmacist:
 - Do NOT drink any alcoholic beverages (beer, wine etc.)
 - Do NOT use sleeping or nerve pills (tranquilizers)
 - Do NOT take any over the counter medications (Aspirin, Tylenol®). Your pain medication may already have Tylenol® in it.
 - Do NOT drive or operate a car until your doctor says you may do so.

SURGICAL INCISION AND WOUND CARE

- ◆ If you still have staples or stitches, they will be removed by a home health nurse or by your doctor at your first office visit.
- ◆ If you have steri-strips (tape) over your incision, these will begin to come off on their own within 1 or 2 weeks. If the edges begin to curl up, you may remove the loose edges by cutting them off with scissors.

ACTIVITY

- ◆ Try to gradually increase your activity each day. Do NOT over exert yourself. Do all the exercises your physical therapist taught you.
- ◆ You may resume sexual intercourse - using passive position (on your back).
- ◆ Limit sitting to 1 hour at a time.
- ◆ Continue to wear your white stocking(s) (especially at night).
- ◆ Use your walker or crutches.
- ◆ Follow all total hip restrictions:
 - No bending over at your waist
 - Slouch sit in your chair. Do NOT sit in chairs that are low to the floor. Use 1 to 2 firm pillows in the seat to increase the height of the seat.
 - Keep your knees apart when sitting, getting in and out of bed, or lying in bed.
 - When lying on your side, keep 2 pillows between your legs.
 - Do not roll your leg inward toward your other leg - at any time.
 - Do not twist your leg or body.

(Turn Over)

SAFETY

- ◆ Remove all throw rugs to avoid slipping.
- ◆ Be sure all walking areas are free of clutter.
- ◆ Be careful around pets.
- ◆ When entering or traveling by car:
 - Sit in the front passenger seat if there is not a console in the center. If there is a console, lay across the backseat instead of sitting in the front seat.
 - Make sure the car seat is all the way back and reclined if possible.
 - Enter car from the street level, rather than the curb in order to avoid bending too much at your hip.
 - Stop every 30 minutes and walk around.
- ◆ Tell ALL your doctors who will be caring for you that you have had a hip replacement. You may need to take an antibiotic before any dental procedures or any surgery. Ask your doctor or dentist.

BATHING

- ◆ Do NOT shower or take a tub bath until your doctor says you may do so.

NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Any infection.
- Fever of 101° or greater.
- Drainage from the incision that has increased or changed in color.
- Your leg is numb, feels cold, is blue, or if you cannot wiggle your toes. It is normal for your leg to appear darker when you are up walking.
- Pain is not eased by your prescribed medicine. This may be a sign of infection or some other problem.
- Red streaks moving up from the incision.
- Pain in your calf, which is more intense when you wiggle your foot.
- Swelling, warmth, or redness in the calf area.