

Total Hip Replacement

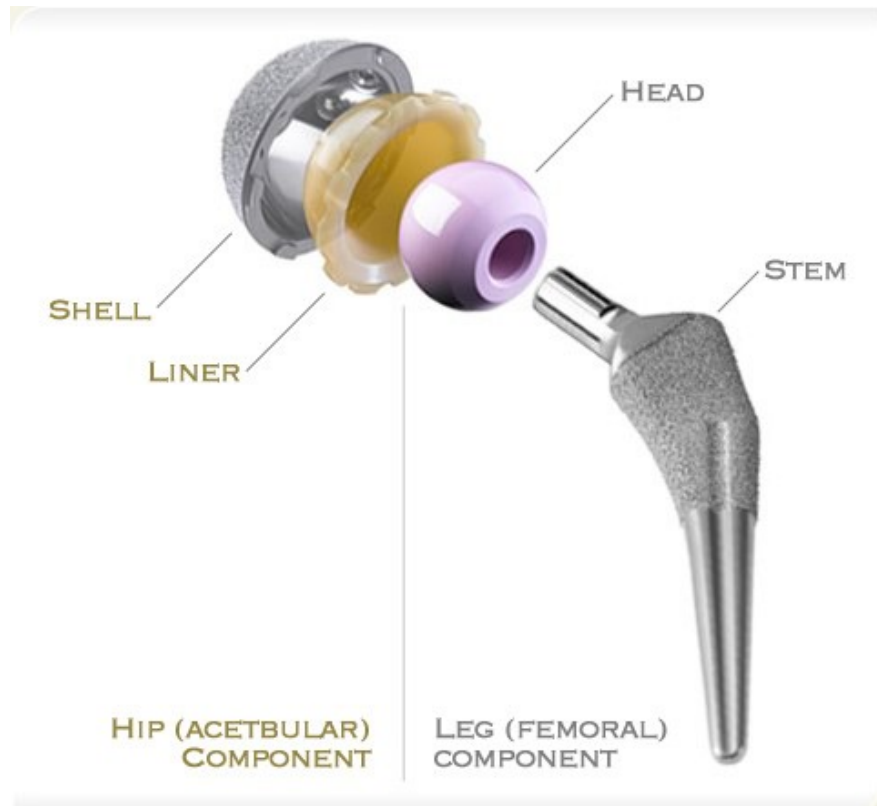


Post Operative Instruction Guidelines

Dr. Haleem Chaudhary



What is my hip made of?



The outer shell of the new socket is made of metal. The inner shell, or liner, is made out of a plastic called polyethylene. When a metal or ceramic ball is joined with the socket, the new hip can produce smooth, nearly frictionless movement. The stem, which fits into the thighbone, is commonly made of titanium.



You may shower as early as you like. Your wound has been closed with glue.

Incision Care

The incision can get wet beginning immediately after the surgery. Showers can be had by removing the dressing, showering as normal, and replacing the dressing after drying. No baths or swimming for three weeks. The wound should be without drainage.

If significant drainage occurs, please call and schedule an appointment. The wound is usually closed with a subcutaneous suture and glue. There are no sutures or staples to remove.

SHOWERS

You may shower after your surgery as early as post-operative day 1. The wound is sealed with glue and may get wet. Simply remove all dressings and stockings, allow water to run over wound, and then pat dry. Replace dressing and stockings. Do not scrub or use creams on the wound for first 4 weeks.



Knee-high TED hose are highly recommended for four weeks.

STOCKINGS

Knee-high compression stockings are recommended after a total Hip replacement to prevent swelling and blood clots. The stockings should be worn full time for the first two weeks. After your first postoperative visit at two weeks, they may be removed while sleeping and only worn during the day or when active. The stocking should be worn in this way for an additional two weeks. Four weeks after surgery, the stockings are discontinued if leg swelling does not occur.

NOTE: For those with larger calf's or for whom the stockings do not fit properly, stockings can cause considerable pain. Compression of the skin in a tight band and even ulceration can occur. If this happens, or they cause considerable hardship, the compression stockings should be discarded. They are strongly recommended but not absolutely required, so please do not let them make you totally miserable.



Blood Thinners

If you are a low-risk patient, you will be placed on aspirin to prevent blood clots. The recommended dosage is 81mg of enteric-coated aspirin two times a day for one month. If you fall into a group that is at higher risk for blood clots or are allergic to aspirin, injectable drugs such as Lovenox or oral Coumadin may be used instead.



ACTIVITY – I greatly encourage walking. You will probably use a walker and/or crutches right after the surgery. I generally encourage early transition to a cane. Getting rid of the walker is up to you and can be accomplished as early as the first few postoperative days as long as you feel stable. Using a walker for longer periods is no problem either. Let your body be the guide

PRECAUTIONS - There are no precautions after this surgery. You are able to resume normal activities immediately. You may cross your legs. You may sleep on your side.



FOLLOW-UP – Routine follow up is typically around two weeks from the day of surgery. Your follow-up appointment should already be arranged. If not, my assistants Kristina can do it at 513-354-7657, Liz 513-655-5831, or please call the main number 513-354-3700.

When can I drive?

If you had surgery on your right hip, you should not drive for at least 1-2 weeks. After, you may return to driving as you feel comfortable. If you had surgery on your left hip, you may return to driving as you feel comfortable as long as you have an automatic transmission. Be careful getting into and out of a car, and avoid crossing your operated leg over the other. **DO NOT DRIVE IF TAKING NARCOTICS!**

When can I return to work?

This depends on your profession. Typically, if your work is primarily sedentary, you may return after approximately one month. If your work is more rigorous, you may require up to three months before you can return to full duty. In some cases, more time may be necessary.

When can I travel?

You may travel as soon as you feel comfortable. It is recommended that you get up to stretch or walk at least once an hour when taking long trips. This is important to help prevent blood clots.

Will I set off metal detectors at airport security?

You may set off the metal detectors at airport security depending on the type of hip implant you have and the sensitivity of the security checkpoint equipment. At your follow-up visit you will be provided with an implant card that you can keep in your wallet.

What activities are permitted following surgery?

You may return to most activities as tolerated including walking, gardening, and golf. Some of the best activities to help with motion and strengthening are swimming and a stationary bicycle.

Can I drink alcohol?

If you are on Coumadin, avoid alcohol intake. Otherwise, use in moderation at your own discretion. You should avoid taking narcotics or other medications

I have insomnia - is this normal? What can I do about it?

This is a very common complaint following hip replacement surgery. Non-prescription remedies such as Benadryl or melatonin may be effective. If this continues to be a problem, medication may be prescribed to you.

Can I go up and down stairs?

Yes. Initially, you will lead with your non-operated leg when going down stairs. You can use the phrase, “Up with the good, down with the bad” to help you remember.

Do I need antibiotics before dental work or an invasive procedure?

Yes. Avoid any dental cleaning or non-urgent procedures for six weeks post-operatively.

I feel depressed – is this normal?

It is not uncommon to have feelings of depression after your hip replacement. This may be due to a variety of factors such as limited mobility, discomfort, increased dependency on others, and/or medication side effects. Feelings of depression will typically fade as you begin to return to your regular activities. If your feelings of depression persist, consult your internist.

Normal things about your new hip:

- Clicking noise with hip motion
- Skin numbness near or around your incision
- Swelling around hip, knee and/or lower leg
- Warmth around hip
- “Pins and Needles” feeling at or near your incision
- Dark or red incision line
- Increased bruising if on Coumadin

Abnormal things about your new hip: (call your surgeon if you experience any of these)

- Increasing redness, particularly spreading from incision
- Fevers greater than 101.5 degrees
- Persistent drainage from your wound
- Calf swelling or pain, particularly associated with ankle motion
- A sudden “giving way” of your hip with inability to bear weight -ankle swelling that does not resolve or decrease overnight