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Instructions Following Total Hip Arthroplasty

- **Dressing:** An Aquacel Ag bandage is applied over the incision during the surgical procedure and wrapped in dressing. The Aquacel Ag bandage remains over the incision for one week. You can then remove it and shower and wet the incision. There will be a solid feeling material that is on the incision and this is “skin glue” this will fall off over the first couple of weeks.
- **Restrictions:** There are no restrictions in regards to your types of activity that you are allowed to perform. You are encouraged to walk as much as possible and do any exercises within tolerance that are recommended by your physical or occupational therapist.
- **Numbness/Tingling:** Both of these are common postoperatively in the operative leg and should resolve slowly over the next 6 months - 1 year.
- **Showering:** You are allowed to shower, but it is recommended to wrap the incision site that is covered by the water-proof Aquacel Ag bandage with additional water-proof protection such as plastic wrap or plastic bag. Be creative! This ensures that the surgical incision remains clean and dry preventing bacterial infection. Once the Aquacel Ag bandage is removed, you are allowed to shower with your surgical incision exposed. DO NOT soak in a bath tub or Jacuzzi three weeks after surgery date.
- **Swelling:** This is a common and expected occurrence following surgery. Use your cold therapy unit, or a large ice pack for 20 minutes every 2 hours, making sure to place a sheet or towel between the ice pack and the skin. Swelling can persist after surgery but should resolve slowly over the next 6 months - 1 year.
- **Pain Relief:** For mild to moderate pain, you may use Advil 1-2 tablet every 4-6 hours and needed (do not exceed 6 tablets in 12 hours). For severe pain, you have been provided with a stronger prescription pain medication by your surgeon or PA. Make sure to take this medication with food and water to help prevent nausea and constipation. Do not drink alcohol, drive, or operate machinery while taking this medication.
- **Diet:** Following surgery, you may resume your regular diet, as tolerated. Make sure to drink larger quantities of water to flush the anesthesia drugs from your system, and eat high quality nutritious foods to provide your body with the energy it needs to begin the healing process.
- **Nausea & Vomiting:** Although rare, both may occur after any surgical procedure. If you have had these reactions to anesthesia before, please make

the anesthesiologist aware and they will do their best to prevent this. If these persist for more than 24 hours postoperative, please call our office.

- **Drowsiness:** This may persist for several days postoperative and should be no cause for concern.
- **Physical Therapy:** Physical therapy will be initiated immediately following surgery while you are in the hospital. It is recommended that you follow your physical therapist's instructions and perform the provided exercises in order to regain muscle strength, range of motion, and flexibility. Once you are discharged from the hospital, a physical therapist will be sent to your home or rehab center to continue treatment. After your first post-operative appointment 2 weeks after surgery, outpatient physical therapy will be prescribed by your surgeon or PA. Once established with an outpatient physical therapy center, you will continue therapy until your physical therapist, surgeon, or PA has notified you that you have completed treatment.

Commonly Asked Questions:

How long does the surgery take?

Approximately 1 ½ to 2 hours.

How long will I be at the hospital?

Your surgery time is an approximate time that may or may not change according to how the other surgical cases proceed throughout the day. There is turnover time needed to clean the operating rooms, clean equipment, etc. and it is important to ensure that each patient be attended with the utmost attention to detail during the surgery. Therefore; it is encouraged that you show up early to the hospital on your surgery date. Bring a book, magazines, games, phone, etc to pass the time.

Many patients go home the next day. Some patients will stay an additional day, depending on how much you can move and get around. The physical therapists will assess each patient.

Do I need someone to drive me home?

Yes, you will be under the influence of some strong medications and need a responsible adult to drive you home. You may not take a bus or taxi home.

If you have any other questions, please call our office at (818)901-6600 ext 6754 (Lilit) or 6704 (Blanca)