**Patient Discharge Instructions**

**Total Hip Arthroplasty (THA)**

**PHYSICAL ACTIVITY/RESTRICTIONS**

* You can place full weight on your lower extremity unless otherwise directed.
* Spend the first 48 hours resting/recovering after surgery and working on home exercises/ankle pumps and elevation of the operative leg. Try to get up and move around at least once an hour.
* Resume light activity after 48 hours.
* While walking, use your front-wheeled walker, at least until your first follow-up visit.
* Do not flex (bend) your hip > 90 degrees (your hip should always be higher than your knee) for 6 weeks. Avoid crossing your leg for 6 weeks. Avoid sitting in chairs that are low to the ground.
* Don’t bend at the hip/waist to bend over or put on shoes/socks. Ask for help from others.
* Push up with your arms to stand up, supporting your weight with your nonoperative leg and keep your operative leg in front of you.
* For sleeping, you may sleep on your back or on your side with the nonoperative side down. When sleeping on your side, use a pillow in between your legs for the first 4-6 weeks. After the incision is fully healed you may sleep on your operative side (~3-4 weeks).
* You will start physical therapy 2-3x a week for the next 4 weeks. You should see your physical therapist for your first session 3-5 days after discharge. If you haven’t already scheduled your appointment; please call the facility of your choice **right away** to schedule your appointment.

**AT HOME EQUIPMENT**

* Use of a shower chair is highly recommended for fall prevention. Alternatively, if your shower has a bench that may be used instead of a shower chair.
* Use of raised toilet seat is recommended for comfort for standard height toilets.

**MEDICATION INSTRUCTIONS**

* Your medications will be sent in 2-3 days ahead of your surgery to your pharmacy of choice. Please wait until after your surgery to begin taking these medications.
* After your surgery, you should be taking **Aspirin 81 mg twice a day** with food for blood clot prevention (*unless you are already on a different blood thinner or directed otherwise*) for **four weeks**. Alternatively, if you were already on blood thinner prior to surgery, you may restart your normal blood thinners the morning AFTER surgery unless otherwise directed.
* Take your Tylenol/acetaminophen 500 mg, 2 tablets every 8 hours for baseline pain control.
* If you were prescribed an anti-inflammatory prescription, (e.g. Celebrex, diclofenac) take this as directed. This will also help with baseline pain control and help with inflammation after your surgery. If you were not prescribed an anti-inflammatory, you can take ibuprofen 600 mg three times a day as long as you do not have an allergy to NSAIDs.
* In some cases tranexamic acid may be prescribed. If so please take 3 tablets daily for a total of 4 days. This may help with swelling, pain, and bruising.
* If you were prescribed an oral antibiotic for additional infection prevention, please take this as directed on the prescription.
* You should also take daily over-the-counter omeprazole for the next 4 weeks. This will help protect your stomach with all the new medications.
* If you are still experiencing moderate to severe pain, you may take your oxycodone (or alternative opioid pain medication) prescription as directed.
* Unless otherwise directed, do not take other opioid pain medications in addition to what is prescribed to you for your postoperative medications.
* Stool softener medications (prescribed or OTC) can be used if you are experiencing constipation.
* Resume your prescribed home medications as directed. When taking pain medications, you may experience dizziness or drowsiness. Do NOT drink alcohol or drive taking these medications.

**FOLLOW-UP INTSTRUCTIONS**

* Your first follow-up visit should be made for you prior to your surgery.
* Your first follow up appointment will be 2-3 weeks after your surgery.

**ANESTHESIA/SEDATION AND RETURN TO DRIVING**

* Do not drive or operate machinery for the next 3-4 weeks. You most likely can resume driving at that point. The decision to resume driving is your responsibility and you can resume when you are off pain medications and feel safe doing so.
* Do not use alcohol, tranquilizers, or sleeping medications for 24 hours.
* Make sure you have good help at home for the first 2 weeks after surgery. It is not advisable to stay home alone for the first 1-2 weeks after surgery.
* You may experience dizziness, sleepiness, muscle aches after surgery.

**CARE OF SURGICAL SITE**

* You will have a surgical dressing directly over your surgical site. This is a waterproof dressing to remain in place until you are seen in clinic.
* Your surgical dressing was placed in the operating room under sterile conditions, therefore, leave it in place if it is not saturated or falling off.
* Regularly apply ice/cryotherapy to your surgical site at home while keeping it dry to help with inflammation, pain, and swelling.
* You may shower over your waterproof dressing. Do not submerge your surgical site under water. Let water run over it and pat dry.
* The incisions may be slightly red, swollen, or bruised, and there may be a small amount of drainage from the sites. This is normal. Lying down and elevating your leg will help with this.
* Keep your surgical dressing on until your first clinic follow-up appointment.
* Help prevent infection after surgery with frequent hand washing and maintain good hygiene.

**SPECIAL INSTRUCTIONS**

* Keep affected leg elevated whenever possible, above chest, for the first 48-72 hours.
* Ice your knee at least 4 times daily for ½ an hour while awake as needed for pain and swelling.
* Use the stockings to help control swelling and prevent blood clots.
* Allow appetite to dictate food intake. You may resume your home diet.

**CALL YOUR SURGEON IF ANY OF THE FOLLOWING OCCUR:**

* Fever over 101.5 by mouth.
* Signs of infection: redness, warmth, drainage that is not clear or bloody.
* Tenderness, redness, or swelling of the calf.
* Unable to urinate.

***If you have any additional concerns or need to make a follow up appointment***

***please call: Bay Street Orthopaedics, at 231-347-5155.***