

DISCHARGE INSTRUCTIONS FOR ANTERIOR TOTAL HIP REPLACEMENT PATIENTS

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WOUND CARE:

1. Leave waterproof dressing in place for 7 days/1 week after surgery. After one week, please remove dressing and replace with new waterproof dressing given to you upon discharge. Please leave white strip of collagen in place over the incision. Replacement bandage should stay in place until your 2 week post op visit.
2. You may shower with the waterproof dressing on (Do NOT soak under water).
3. After 2-week post op visit, you may leave your incision uncovered. You can shower and let soap and water run over the incision and pat it dry. Do not scrub the incision site. DO NOT SOAK the incision in any water (pools, hot tubs, bathtubs, lakes, etc) until the incision is completely healed and looks like a scar, around 8 weeks post op.
4. You should expect to have some swelling, bruising, discoloration and increased warmth about your leg and thigh even down to your foot. This is normal for several weeks after the surgery. Sometimes this can even last longer, especially in more complex surgeries. You can use the Ice Machine (if provided, dependent on your insurance) or ice packs as tolerated to help with swelling and pain.
5. Although rare, post-operative complications may occur. If you have any problems with increasing drainage, increasing severe redness, or fever (OVER 100.4), please call and let the office know.
6. If you have excessive swelling of your leg and ankle along with severe calf pain and tenderness, or are experiencing new onset shortness of breath, these could be signs of a blood clot. Please call us and let us know, if after hours please report to your nearest emergency room.
7. Dental work including cleanings after total joint replacement require that patients take antibiotics for life of implant. First cleaning/dental work cannot be scheduled until 3 months from surgery.