

Leaving the hospital after total hip arthroplasty (posterior approach) surgery

How to take care of yourself when you get home



Pain, swelling and discomfort

- Keep your leg elevated when not using it to reduce swelling. You may lower your leg to move from one place to another, but this may cause your leg to throb and swelling to increase.
- For pain and swelling, apply ice for 20 minutes at a time. Take 20-minute breaks in-between.
- You can use heat after the swelling is completely gone.



Medication

- Start tapering pain medication as soon as possible after you leave the hospital to avoid health risks. Most patients are on pain medication for 1-2 weeks after surgery. If you need a medication refill please request it 2 days before you need it.
- Take over the counter or prescribed laxatives while using opioid medication. Tell your doctor if you have any medication allergies.
- If you are taking high doses of opioids you will be prescribed Narcan to use in case of an overdose. Keep it with you at all times.
- You will take blood thinners for up to 6 weeks after surgery.




Wound care

- It is OK to shower right after your surgery, but keep your dressing clean and dry. After 7 days, you may remove your dressing if your incision is no longer draining. If draining, cover with clean dry gauze.
- NO soaking or swimming until at least 6 weeks after surgery.
- Avoid creams or ointments on incision until your doctor says it's OK.


OHSU Total Joint Orthopedic Clinic

Weekdays, 8 a.m. – 4:30 p.m.

 503-418-8889

www.ohsu.edu/ortho

For urgent needs after hours, weekends and holidays:

 503-494-8311

Ask for the orthopaedic resident on-call

Tip: MyChart messages

If you have a question that can wait 2 weekdays for a response, try sending a MyChart message to your doctor. You can even attach a photo to the message.

- Expect bruising and swelling in the hip, groin (including private parts) and knee. Swelling can take months to go away. For questions about swelling or bruising call us at 503-418-8889 or update us on MyChart.
- Zip line and/or steri-strips can stay on for up to 6 weeks but can be taken off after 2-3 weeks if there is no drainage and the incision is healing well.
- TED hose: Wear your compression stockings for at least 6 weeks after surgery. If they are uncomfortable or cause skin breakdown or irritation you can remove them.



When to call the doctor

Call our office or the on-call doctor right away if you have any of these:

- Fever greater than 100.4°F
- Chills
- Shortness of breath
- Extreme redness or swelling of surgical cuts (incisions)
- Yellow or white pus-like fluid draining from your surgical cuts
- Bleeding that soaks through your dressings and that you cannot control by applying firm pressure
- Pain in the back of your calf or swelling in your leg that does not go away with elevation
- Pain that does not get better with your prescribed medications



Activity

- Your weight-bearing and range of motion status will be given to you at the hospital. It is OK to gradually increase daily activity.
- Precautions (up to 6 weeks after surgery): No bending/flexing at the hip past 90 degrees, no pointing knees inward and no crossing legs. Put a pillow between your legs when you are on your side or rolling.
- It is best to walk several times every day but plan to rest between each walk.
- When you can return to work depends on the type of work you do. Ask your surgeon if you have any work restrictions.
- You can drive once you are fully weight-bearing, no longer taking opioids, and can stop the car in an emergency without feeling pain.
- Physical therapy is not required after a hip replacement. We will give you a home exercise program at your first appointment after surgery. If needed, we will talk to you about physical therapy clinic visits.
- You will have your first appointment with our office 2-3 weeks after your surgery. Your sutures and dressing will be removed then. If this appointment is not already set up, call us at 503-418-8889 to schedule it.