

Post-operative Instructions
Total Hip Arthroplasty
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- Weight-bearing status: Bear weight as tolerated. You may require a cane or walker initially after surgery for balance and protection.
- **Precautions**
 - If your hip replacement was done from the front, you do not have special precautions.
 - If your hip replacement was done from the back, avoid flexing the hip beyond 90°. Do not turn your hip inwards or bring your knees together. When rising from a seated position, keep your knees spread apart using a wide-stance gait.
- Icing: You should ice the hip for the first few days after surgery. Do not let ice come into direct contact with the skin (wrap ice bag with a towel or cloth). Ice the hip for 20 minutes on and 20 minutes off several times throughout the day.
- Pain control: You may alternate between anti-inflammatories and Tylenol every 4 hours beginning immediately after surgery. You have also been prescribed a short-acting narcotic to help with pain control after surgery. This may be necessary for a few days; however, you should come off the narcotic medication as soon as possible and transition to over-the-counter anti-inflammatories and Tylenol.
- Infection prevention: You have been given intravenous antibiotics during surgery to help with infection prevention. Certain patients are also asked to take oral antibiotics for 2 weeks after surgery if certain risk factors are present. You will be given a prescription for antibiotics if this applies to you.
- Dressings:
 - If you have a Mepilex dressing in place, do not remove the dressing or lift the edge of the dressing for 1 week after surgery. After 1 week, the dressing may be removed and replaced with a new dressing.
 - If you have an incisional VAC in place, this will remain working for 1 week after surgery. Once the pump stops working, the incisional VAC may be removed, and a dry dressing may be applied.
- Anticoagulation: If you were taking blood thinners before surgery, you should resume these on the 1st day after surgery. If you are not on blood thinners, you will take **aspirin 81 mg twice daily for 30 days** after surgery to prevent blood clots.
- Showering: Do not get the operative site wet until you have your follow up appointment.
- Follow-up: This is usually about 3 weeks after surgery. Please contact the office with any questions regarding your appointment.