



## Discharge Instructions

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Instructions – Excel

### TOTAL HIP ARTHROPLASTY DISCHARGE INSTRUCTIONS: ACTIVITY

- No weight-bearing on operative extremity while block is in effect without assistance.
- Elevate operative extremity per physician preference.
- Refer to your physical therapy regimen instructed to you by your physical therapist.

### PRECAUTIONS:

- 2-Regular pillows between legs at all times while in bed.
- Anterior Approach:
  - Avoid hip extension beyond neutral (do not move operative leg behind you)
  - Avoid active abduction of the leg (do not move operative leg away from midline)
  - No hip precautions.
- Posterior Approach:
  - No internal rotation (do not turn operative leg inwards)
  - Avoid hip adduction past midline (do not cross your operative leg over your non-operative leg)
  - Avoid hip flexion greater than 90 degrees (do not lean forward from a sitting position)

\*Choices based on surgeon order

### WOUND CARE:

- Keep your dressing dry and intact until changed by your caregiver.

### ICE:

- Apply ice to operative site for 30 minutes every 4 hours.

## MEDICATIONS:

- Take your prescribed post-operative medications as directed. Do not let your pain become severe.
- Resume your preoperative medications per your physician. Refer to your medication list given to you at discharge
- If you had a block, be sure to start your oral pain medication before the block begins to wear off.
- \*\*\* Call 911 or go to the nearest ER if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.