



OrthoTeam Clinic

Ashish M. Rawal, M.D.

2 Science Court, Madison, WI 53711

900 Ridge Street, Stoughton, WI 53589.

Telephone: 608-231-3410 Fax: 608-231-3430

Post-Op Total Hip Replacement Instructions:

- Do not sit for longer than 1 hour at a time with your legs dangling down. You should have your legs elevated (higher than your heart) in a recliner chair or on the couch periodically throughout the day.
- You should try to increase the amount of walking you do each day.
- The TED stockings should be worn during the day for three weeks after discharge from the hospital. They may be taken off at night.
- You should continue the blood thinner Aspirin 81 mg twice daily as directed unless otherwise directed.
- Continue iron tablets for six to eight weeks after discharge. Because of difficulties with constipation with iron tablets, as well as pain medication, you should also increase the amount of fluids you drink and possibly take Metamucil or Citrucel if you are having symptoms of constipation.
- You may shower with your dressing in place and do not remove! After your dressing is removed in the clinic by a PA, and the Prineo tape over your incision starts to lift off, you may take a clean scissors and cut off the non-adherent section of tape. It typically takes 2- 3 weeks to completely loosen from the incision.
- Continue your physical therapy exercises at least twice daily at home. Continue hip precautions for 6 weeks.
- You should continue to sleep with a pillow between your legs until your follow up appointment with Dr. Rawal in six weeks.
- Don't be surprised if you have increased pain at night. This usually means you have been a little bit too active and need to back down from your activities.
- If you develop lower extremity swelling that does not improve after a night of elevation, please call the office. This could be an early sign of a blood clot.

Please call our Stoughton Hospital OrthoTeam Clinic with any other questions or problems:
(608) 231-3410.



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EMERGENCIES**

Contact our office at (608) 231-3410, if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in distal arm and/or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our office at **608-231-3410** to schedule.
- Typically, the first post-operative appointment following surgery is 2 weeks following surgery.
- The first post-operative appointment will be with one of the Physician Assistants. They will assess the wound, go over post-operative protocol, and answer any questions you may have regarding the procedure