



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-Operative Instructions: Total Hip Arthroplasty

MEDICATIONS

Prescribed Narcotics:

- This medication may be taken as needed for pain as directed on the bottle.
- Do not drive or drink alcohol while taking this medication.

Acetaminophen (Tylenol):

- This medications may be taken as needed.
- Please use as directed on the bottle.
- Do not exceed 4,000 mg of Acetaminophen in a 24 hour period.

Blood thinner:

- Please take blood thinner as directed. It is important to take as prescribed to help prevent blood clots.

Stool softener:

- We recommend picking up an over the counter stool softer such as MiraLax, as a common side effect of narcotic pain medication is constipation.
- It is normal to take several days to make a bowel movement after surgery.
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

WOUND CARE

- You may shower with your dressing in place. It will be removed at your first post-operative visit. If you notice the dressing has peeled up or is no longer intact, please call Dr. Rawal's office for further instructions and do not get area wet.
- Once your dressing has been removed, do not scrub the incision sites- you may let soap and water run down the incisions and pat dry with a towel once you're done.
- DO NOT soak in any pool/bath water until at least 6 weeks after surgery.

ACTIVITY

- You may bear weight as tolerated on your leg. You may need an assistive device such as a walker or crutches.
- You may try to increase the amount of walking you do each day.
- 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 to help reduce swelling.
- 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 to sleep with a pillow between your legs for 12 weeks

PHYSICAL THERAPY

- Follow up with physical therapy as previously scheduled, approximately 3 days after surgery.
- Continue your physical therapy exercises at least twice daily at home.

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- **Continue hip precautions for 6 weeks.**

ICING

- Ice can be a very effective way to manage pain, however icing for too long or too often can damage your skin. Be sure to place a cloth between the ice pack and your skin.
- Apply the ice pack for 15-20 minutes every 1-2 hours, and be cautious of icing around your genitals and in the crease of your buttock.

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 foot
- 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 or if you need to change the appointment, please contact our scheduler at 608-231-3410 to schedule.
- Your first post-operative appointment will be scheduled with one of the Physician Assistants for a wound check, physical therapy protocol and to answer any further questions you have regarding the procedure
- Typically the first post-operative appointment is made for 10-14 days following surgery for suture removal if you have any sutures in place.