



Post-Operative Instructions

After surgery, there will be important instructions for your specific surgery to help your recovery go as smoothly as possible and help you to get back on your feet quickly. Though the nurses, doctors and therapists will explain everything to you on the days before and after surgery, here is a general list of considerations post-surgery.

- After surgery, you will receive pain medication as directed by your doctor. While in the hospital post operation, your nurses will monitor your vitals and pain level every 4 hours or as needed. When you are discharged, it is important to stay ahead of that pain. Pain is normal, but do not wait until you are already in pain to take your medication.
- Day 1 post surgery, your nurse will check your dressing and drain every 4 hours. During this first day, your doctor or physician assistant may remove the drain. When discharged, it is important to keep your bandaged on and to keep it as dry and sterile as possible. You can shower, but it is recommended that you avoid getting the incision and bandaged area wet.
- If you start to notice any excessive bleeding or drainage from the incision and bandage site, it is imperative that you call the office to speak with a physician assistant or doctor.
- Excessive bruising and swelling is normal. It is also normal that the bruising takes a few days to appear and then travels down your leg. Icing of 20 minutes on and 20 minutes off as well as elevating your leg is important to help with the bruising, swelling and pain
- If your calf area starts to become swollen, painful and warm to the touch, you should call the office right away to speak with a physician assistant as it may be a possible blood clot.
- To avoid this, it is important to keep your compression stockings on for 4 weeks after surgery as well as taking either Coumadin or aspirin that has been directed by your doctor.
- In the days after your surgery, you may be visited by a physical therapist. The physical therapist will work with you on certain exercises helping you to improve on strength and mobility. The occupational therapist will teach you certain precautions with having hip surgery while doing everyday activities.
- When discharged from the hospital, Continuing Care will set up visiting nurse services that will keep an eye on you and provide in home exercises until you come in for your post-operative appointment.
- Approximately 10 days after your surgery, you will come to the office for your post-operative appointment. At this time you will meet with the physician assistant who will explain what happened during surgery and what to expect in the months afterwards. We will also take x-rays of your new implant as well as remove the large bandage placing smaller bandages to cover your incision. The physician assistant will also write you a script for outpatient physical therapy.