



## Post-Operative Instructions:

### Hip Hemiarthroplasty

#### WOUND CARE

- You should have a clear adherent gauze (Prineo) overlying your surgical scar. This will act as a “steri strip” and will protect your knee. Please keep this dressing intact and DO NOT REMOVE. This will be removed at your first-operative appointment.
- If you are going to a rehab or nursing home, we will keep a dressing over the surgical site to prevent infection.
- You may shower- allow soapy water to run over the top of the surgical site. DO NOT SCRUB.
- Do not submerge your body in water (i.e. in a bath tub or pool).  
A small amount of drainage and swelling in the affected extremity is common. If the incision is actively draining, reinforce with sterile gauze and occlusive dressings.

#### ACTIVITY

- Physical therapy will start to work with you in the hospital the day of or after surgery.
- You may weight bear as tolerated.
- You may climb stairs and walk with assistance. These activities will take time and the physical therapist will help you. We want you to be as active as possible.
- NO driving until your post-operative appointment.
- Based on where your incision is located (anterior vs. anterolateral), you will have differing total hip precautions for 4 weeks following surgery. Please remember to listen to your physical therapist and remember not to cross your legs or pick anything off of the floor to prevent injury to your new replacement.

#### PAIN MANAGEMENT

- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform the physician or PA prior to the procedure.
- Take the pain medication as prescribed.
- Call the office if you continue to have uncontrollable pain.
- To help with swelling and pain, elevate the affected extremity and ice. Ice 20 minutes on and 20 minutes off.



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## PRECAUTIONARY MEASURES AFTER SURGERY

- 1) To prevent infection, you have been administered IV antibiotics prior and during surgery.
- 2) To prevent blood clots, you will need to wear TED stockings on both legs during the daytime. You will also need to take a blood thinner following surgery for up to 4 weeks. This may include either: Xarelto for 35 days or Aspirin 325 mg twice daily for 4 weeks after surgery. If you were taking Coumadin prior to surgery, you will resume the medication and will require bi-weekly PT/INR lab work through the Coumadin Clinic. Also, by getting up and moving quickly after surgery helps to prevent blood clots as well.
- 3) If you are taking narcotic pain medication (Percocet or Vicodin), you may need a stool softener to prevent constipation. Over-the-counter medication such as Docusate or Milk of Magnesia is recommended.

## EMERGENCIES

Call the office at (401-218-6005) if you experience the following:

- Incision opens
- Increased redness at incision site
- Pain uncontrolled by pain medicine
- Uncontrollable bleeding
- Fever > 101 ° F or shaking chills
- Difficulty breathing or chest pain
- Severe pain or redness in calf
- Painful swelling

## FOLLOWUP CARE/QUESTIONS

- You should have a post-operative appointment scheduled approximately 2 weeks after your surgery. If not, please contact the office to schedule an appointment (401-218-6005).
- Please arrive 30 minutes prior to your appointment to allow ample time for x-rays.

If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-218-6005. If this is a medical emergency, please call 911 or report to your local emergency department.



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## When calling our office for a Prescription Refill

Our office requires a 72-hour business day window for all prescription requests in order to review and plan all inquiries in the order that they were received.

Your request requires one clear and detailed message on extension 314 with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you.

Due to the Doctor and Physician Assistant operating room and clinic schedule, our office is unable to write prescriptions on an emergency basis. So please monitor your medication responsibly.

If you have not received a call or voicemail, your request has not been processed.

**\*Please note\***

If you are currently being followed by a doctor for pain medication, please have an open line of communication with their office, as we are not built for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will then be referred back to the existing prescriber and or a pain management facility.

Thank you in advance for your patience and cooperation.

401-789-1422 x314