

# Hip Graft

## Post-Operative Instructions

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### What is a hip graft?

One of the easiest ways of reconstructing a jawbone is to use bone from the hip. A "hip graft" involves collecting bone from the pelvis above the hip joint. You can usually feel the area of bone that will be used since it forms a bony lump some 6 inches (20cm) above and in front of the hip joint.

### What does the surgery involve?

- A cut will be made through the skin immediately overlying the bone that will be removed. The length of the cut depends on how much bone your surgeon needs. If he only requires a small amount of bone the incision may only be a couple of inches long.
- At the end of the operation the incision will be carefully stitched together.
- Your surgeon may put a second plastic tube into the wound before it is closed. Through this tube local anesthetic can be administered. This local anesthetic will keep the area numb and help reduce pain, though this catheter is not frequently used.
- Your length of stay depends not only on your hip graft but also on the other procedures that you have had carried out at the same time. But you should expect a day or more in the hospital.

### What can I expect after surgery?

- The hip tends to be sore for at least a few days even if only a small amount of bone has been collected.

- If large amounts of bone have been removed the area may be sore for a couple of weeks or longer. Because the area around the hip is sore you may have some problems walking. On rare occasions, patients may need to use a walking stick for a few weeks after the operation.

### **How do I take care of my incision?**

- A dressing will have been put over the hip wound after surgery.
- You should remove the outer plastic dressing in 5 days but leave the underlying sterile stripe alone until they fall off. No stitches will require removal.

### **What activity restrictions should I expect?**

- You should remember that you cannot drive or operate machinery for 48 hours after a general anesthetic or while on narcotics.
- If you find walking difficult when you get home you may also not be able to drive for a while because it is only safe to do so when you can safely perform an emergency stop in your vehicle.
- You should avoid all contact sports or exercise for 6 weeks after surgery.

### **Are there diet restrictions after surgery?**

- Typically you will be on a liquid diet for 2 weeks followed by a mushy soft diet for an additional 2 weeks.

### **How do I manage pain after surgery?**

- You will be given narcotic and non-narcotic pain medication.

### **What follow-up care will I receive?**

- You will return in 2 weeks for a follow up.

## When should I call my doctor?

- If you have increased swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting, increased irritability, or constipation.
- If you have an oral temperature over 100.5 degrees. Check to make sure they are getting enough liquids. Dehydration can cause the body temperature to rise.
- If you are unable to walk due to pain or weakness.

## Who should I call if I have questions?

- (734) 936-5950, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Oral & Maxillofacial Surgeon on call.

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