| ADULT RECONSTRUCTION & JOINT REPLACEMENT DEPARTMENT OF ORTHOPAEDIC SURGERY UNIVERSITY OF MICHIGAN HEALTH SYSTEM | | Inpatient Total Hip Replacement | | | |
|---|--|---------------------------------|--|---|---|
| Posterior Hip Precautions | Ankle Pumps Do 10 every hour. | Patient and Support Coach Jobs | | | |
| | | (0) | | Day of Surgery | Day 1 After Sur |
| <image/> | Thigh Squeeze Tighten thigh muscles and straighten your knee, hold for 5-10 seconds. Work up to 10 reps, 3 times per day. | d Support Coa | What Should I Do? | Ask for assistance from staff (RN, therapist, or aide) to get up from bed or chair Ice your hip often (You need to ask for ice and ice refills) Start your exercises Let staff know if you have pain, ask for pain medicine | Have your Support Coach 8:00am. We suggest using Let RN know when you urinate (be a hat in the toilet). The RN will bladder scan immediately after you Ask for assistance from staff (RN or aide) to get up from bed or changed on the staff of the staff |
| | | | | • Use your incentive spirometer 10 times every hour | (You need to ask for ice and ice Keep leg straight. Do not put blar under your knee Continue your exercises |
| | Buttock Squeeze Tighten buttock muscles, hold for 5-10 seconds. Work up to 10 reps, 3 times per day. | | Prevent Pneumonia and Blood Clots | Ose your incentive sphometer to times every nour Wear your squeezers (SCDs) on both legs at all times, unless you are walking If your squeezers are not on, or you don't feel them squeezing, please let staff know Wear TED Hose on both legs | Continue your exercises Use your incentive spirometer 10 Wear your squeezers (SCDs) on b times, unless you are walking If your squeezers are not on, or you them squeezing, please let staff kn Wear TED Hose on both legs |
| | | | Diet | • You may be hungry, but your stomach may not be able to tolerate solid food yet. Nausea and vomiting are common after surgery. Listen to your nurse. | • You may be ready to eat a regular but eat slowly |
| | Heel Slides Bend your knee, sliding it toward your buttocks and keeping your heel on the bed. Do not let your knee | Medical Team Role | | | |
| Do Not Cross Legs at Knees Image: Constraint of the second seco | roll inward. Work up to 10 reps, 3 times per day. | Medical Team Role | Medication | Decadron IV (q8 x 2) (for inflammation/pain) Toradol IV (q6 x 3) (for inflammation/pain) IV Antibiotic (q8 x 2) (prevent infection) - Must have 2 doses Post-Op (page Pharmacy 37185 for questions or to assist with retiming of medications) Decadron not given to Diabetics Some meds may not be ordered due to medical conditions Other meds given based on patient needs or med hx | Last dose of Post-Op pain protocol m (Decadron/Toradol) if not already con Unless contraindicated, Celebrex (an Neurontin (pain) prescribed only durf Decadron not given to Diabetics Some meds may not be ordered due to conditions Other meds given based on patient not |
| | Leg Slides Slide your leg out to the side, keeping your toes up and your heel on the bed. Slide back to midline, do not cross the center of body. Work up to 10 reps, 3 times per day. | | Comfort Measures | Ice hip often May lay on either side. Keep pillow between knees to maintain hip precautions Assess pain and need for pain meds Q4° minimally (contact SJO/ SCO service pager if pain not controlled) | Ice hip often May lay on either side. Keep pillow I maintain hip precautions Assess pain and need for pain meds 0 (contact SJO/SCO service pager if page) |
| <image/> | | | Activity | May get out of bed with assistance from staff (RN, PT, OT, or aide), gait belt and walker (have clerk order from supply chain if not on floor) Check weight bearing status order Monitor orthostatic BP upon patient's first time up Start Post-Op exercises | May get out of bed with assistance fr OT, or aide), gait belt and walker (har supply chain if not on floor) Check weight bearing status order Monitor orthostatic BP upon patient's Continue Post-Op exercises |
| | Knee Extensions | | Diet | Clear liquids in PACU Floor RN may advance diet as tolerated, if no evidence of ileus | Floor RN may advance diet as toleral of ileus |
| | Place a rolled towel or ball under your knee. Lift your heel, straightening your leg while tightening your thigh muscle, hold for 10 seconds. Work up to 10 reps, 3 times per day. | | Status | Foley catheter to remain until Post-Op Day 1 (especially if Duramorph spinal) Ensure patient has incentive spirometer and using properly (10x per hour) while awake SCDs on both legs (Yes, including operative leg) at all times unless patient is walking TED Hose on both legs | Remove foley @ 06:00am Remove Catapres patch @ 06:00am Bladder scan after voiding, if PVR > Notify service if patient requires ISC SCDs on both legs (Yes, including op all times unless patient is walking TED Hose on both legs If dressing necessary, use Medipore of secure |

nent Pathway

urgery

ch arrive by 1g valet parking e (there should will need to do a

- you urinate RN, therapist, chair
- **ce refills)** plankets or pillows
- 10 times every hour on both legs at all
- you don't feel know
- ılar diet,
- l meds completed (*anti-inflammation*), luring hospitalization
- e to medical
- needs or med hx
- v between knees to
- s Q4° minimally pain not controlled)
- e from staff (RN, PT, have clerk order from
- nt's first time up
- erated, if no evidence
- m > 250cc, then ISC SC operative leg) at
- e or paper tape to

Going Home

Keys to Discharge

Most patients are discharged the day after surgery

- □ Support Coach here
- □ Tolerating Diet
- □ Comfortable on oral pain medication
- □ Met Physical Therapy Goals
- □ Met Occupational Therapy Goals
- No difficulties urinating after foley catheter is removed
- □ Must have 2 bladder scans less than 250mL (2 separate voids)
- □ Walker is delivered to room (if needed)
- □ Discharge order placed in computer by MD / PA-C
- Prescriptions sent / e-prescribed to your Pharmacy
- Patient has copy of Care Pathway After Discharge (handed out in Pre-Op class, additional copies available on 5A)
- □ Patient has copy of Home Care Plan

Final Steps

- □ Nurse reviews discharge instructions
- \Box Nurse removes IV
- Support Coach or Transport Services can take you to the front entrance in a wheelchair. Contact valet services to bring your car up, at (810) 360-1386