Who Do You Call?

Anterior Hip Replacement Care Pathway After Discharge

UNIVERSITY OF MICHIGAN HEALTH SYSTEM											
		Anterior Hip Safety Measures	_/_	/	_/_	/	/	/	/		
 Avoid sudden twisting or pivoting Use assistive device as needed to avoid a fall 		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
	Take Pain Medication	Take pain medication as directed by your surgeon. Start weaning your pain meds after 4 or 5 days as tolerated. (Decrease the number of pills or increase the time between pills.)	Take Medication	Take Medication	Take Medication	Take Medication (begin weaning)	Take Medication (begin weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)		
ō	Take Blood Clot Medication	Take medication to prevent blood clots as directed by your surgeon.	Take Medication □	Take Medication □	Take Medication □	Take Medication □	Take Medication □	Take Medication □	Take Medication □		
Swellin	Ice your Hip and Thigh	Apply an ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)	Ice often	Ice often	Ice often	Ice often	Ice often	Ice often	Ice often		
Control Pain and Swelling	Elevate your Leg	Prop your leg when sitting throughout the day Position your leg above your heart 4x/day for 20-30 minutes	Elevate leg above heart	Elevate leg above heart	Elevate leg above heart	Elevate leg above heart	Elevate leg above heart	Elevate leg above heart	Elevate leg above heart		
Contro	Wear TED Stockings	Wear during the day and remove at night. Check skin daily to make sure you have not developed a sore	Check Skin	Check Skin	Check Skin	Check Skin	Check Skin	Check Skin	Check Skin		
	Care for your Incision	Keep incision clean and dry. Do not use ointments or lotions. Do not take a bath. Cover incision if you shower. Normal: Tenderness Scabbing Pink Warm Not Normal: Pain Drainage Red Hot Fever > 101.5 deg	Call 734-936-5780 Drainage from incision Incision is redder Incision i Increased Pain Fever over 101.5 degrees						on is hotter		
<u>(</u>	Avoid Constipation	Take a stool softener and laxative every day that you are taking pain medications. Eat a high fiber diet. Drink plenty of fluids (water).	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids		
t discretion)	Ankle Pumps	Do 10 reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour		
on therapis	Thigh Squeeze	3 times per day, work up to 10 reps	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □		
Exercises (based on therapist disc	Buttock Squeeze	3 times per day, work up to 10 reps	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day		
Exercis	Leg Slides	3 times per day, work up to 10 reps	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day		
	Walk	Start with short distances to build up endurance Try to increase your walking time each day Walk comfortably, don't limp and use your assistive device	Walk	Walk	Walk	Walk	Walk	Walk	Walk		

ľ	DEPARTMEN'	n & JOINT REPLACEMENT T OF ORTHOPAEDIC SURGERY CHIGAN HEALTH SYSTEM Anterior Hi	ip Repla	cement	Care Pa	thway A	After Dis		sion 3 5/25/2018
	Anterior Hip Safety Measures			/	/	/	/	/	/
• /	Avoid sudden twist	ing or pivoting • Use assistive device as needed to avoid a fall	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
n and Swelling	Take Pain Medication	Take pain medication as directed by your surgeon. Start weaning your pain meds after 4 or 5 days as tolerated. (Decrease the number of pills or increase the time between pills.)	Take Medication (continue weaning)						
	Take Blood Clot Medication	Take medication to prevent blood clots (as directed).	Take Medication □						
	Ice your Hip and Thigh	Apply an ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)	Ice often						
	Elevate your Leg	Prop your leg when sitting throughout the day Position your leg above your heart 4x/day for 20-30 minutes	Elevate leg above heart						
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	Ankle Pumps	Do 10 reps every hour	10 Reps every hour						
Exercises (based on therapist discretion)	Thigh Squeeze	3 times per day, work up to 10 reps	10 Reps 3x/day □ □ □						
	Buttock Squeeze	3 times per day, work up to 10 reps	10 Reps 3x/day □ □ □						
	Heel Slides	3 times per day, work up to 10 reps	10 Reps 3x/day □ □ □						
based o	Leg Slides	3 times per day, work up to 10 reps	10 Reps 3x/day	10 Reps 3x/day □ □ □					
rcises (Knee Extensions	3 times per day, work up to 10 reps	10 Reps 3x/day ☐ ☐ ☐	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day ☐ ☐ ☐	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □
Exe	Walk	Start with short distances to build up endurance Try to increase your walking time	Walk						

10 Reps 3x/day

Surgery Call Center: 734-936-5780 (8am-4:30pm M-F) | After Hours Paging: 734-936-6267 (ask for Orthopaedic Resident on-call)

10 Reps 3x/day

Standing Side Leg 3 times per day, work up to 10 reps

each day | Walk comfortably, don't limp and use your assistive device