# Anterior Hip Replacement Care Pathway After Discharge

## Anterior Hip Safety Measures

- **Avoid sudden twisting or pivoting**
- **Use assistive device as needed to avoid a fall**

<table>
<thead>
<tr>
<th>Day</th>
<th>Take Medication</th>
<th>Take Blood Clot Medication</th>
<th>Ice your Hip and Thigh</th>
<th>Elevate your Leg</th>
<th>Wear TED Stockings</th>
<th>Control Pain and Swelling</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Take Medication</td>
<td>Take Medication</td>
<td>Ice often</td>
<td>Elevate leg</td>
<td>Wear during the day</td>
<td>Prop your leg when sitting throughout the day</td>
</tr>
<tr>
<td>2</td>
<td>Take Medication</td>
<td>Take Medication</td>
<td>Ice often</td>
<td>Elevate leg</td>
<td>Check Skin</td>
<td>Position your leg above your heart 4x/day for 20-30 minutes</td>
</tr>
<tr>
<td>3</td>
<td>Take Medication</td>
<td>Take Medication</td>
<td>Ice often</td>
<td>Elevate leg</td>
<td>Check Skin</td>
<td>Keep incision clean and dry. Do not use ointments or lotions. Do not take a bath.</td>
</tr>
<tr>
<td>4</td>
<td>Take Medication</td>
<td>Take Medication (begin weaning)</td>
<td>Ice often</td>
<td>Elevate leg</td>
<td>Check Skin</td>
<td>Avoid sudden twisting or pivoting. Use assistive device as needed to avoid a fall.</td>
</tr>
<tr>
<td>5</td>
<td>Take Medication</td>
<td>Take Medication (begin weaning)</td>
<td>Ice often</td>
<td>Elevate leg</td>
<td>Check Skin</td>
<td>Control Pain and Swelling</td>
</tr>
<tr>
<td>6</td>
<td>Take Medication</td>
<td>Take Medication (continue weaning)</td>
<td>Ice often</td>
<td>Elevate leg</td>
<td>Check Skin</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Take Medication</td>
<td>Take Medication (continue weaning)</td>
<td>Ice often</td>
<td>Elevate leg</td>
<td>Check Skin</td>
<td></td>
</tr>
</tbody>
</table>

## 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 Blood Clot Medication

Take medication to prevent blood clots as directed by your surgeon.

## Ice your Hip and Thigh

Apply an ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)

## Elevate your Leg

Position your leg above your heart 4x/day for 20-30 minutes.

## Wear TED Stockings

Wear during the day and remove at night. Check skin daily to make sure you have not developed a sore.

## 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

### 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).

### Ankle Pumps

Do 10 reps every hour

### Thigh Squeeze

3 times per day, work up to 10 reps

### Buttock Squeeze

3 times per day, work up to 10 reps

### Leg Slides

3 times per day, work up to 10 reps

### 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

## Call 734-936-5780 if you experience:

- Drainage from incision
- Incision is redder
- Incision is hotter
- Increased Pain
- Fever over 101.5 degrees

## Who Do You Call?

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

- **Avoid sudden twisting or pivoting**
- **Use assistive device as needed to avoid a fall**

#### Day 8
- **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 Blood Clot Medication**: Take medication to prevent blood clots (as directed).
- **Ice your Hip and Thigh**: Apply an ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)
- **Elevate your Leg**: Prop your leg when sitting throughout the day. (Elevate leg above heart 4x/day for 20-30 minutes)
- **Wear TED Stockings**: Wear during the day and remove at night. Check skin daily to make sure you have not developed a sore.

#### Day 9
- **Take Pain Medication**: Continue as directed.
- **Take Blood Clot Medication**: Continue as directed.
- **Ice your Hip and Thigh**: Ice often
- **Elevate your Leg**: Elevate leg above heart
- **Wear TED Stockings**: Check Skin

#### Day 10
- **Take Pain Medication**: Continue as directed.
- **Take Blood Clot Medication**: Continue as directed.
- **Ice your Hip and Thigh**: Ice often
- **Elevate your Leg**: Elevate leg above heart
- **Wear TED Stockings**: Check Skin

#### Day 11
- **Take Pain Medication**: Continue as directed.
- **Take Blood Clot Medication**: Continue as directed.
- **Ice your Hip and Thigh**: Ice often
- **Elevate your Leg**: Elevate leg above heart
- **Wear TED Stockings**: Check Skin

#### Day 12
- **Take Pain Medication**: Continue as directed.
- **Take Blood Clot Medication**: Continue as directed.
- **Ice your Hip and Thigh**: Ice often
- **Elevate your Leg**: Elevate leg above heart
- **Wear TED Stockings**: Check Skin

#### Day 13
- **Take Pain Medication**: Continue as directed.
- **Take Blood Clot Medication**: Continue as directed.
- **Ice your Hip and Thigh**: Ice often
- **Elevate your Leg**: Elevate leg above heart
- **Wear TED Stockings**: Check Skin

#### Day 14
- **Take Pain Medication**: Continue as directed.
- **Take Blood Clot Medication**: Continue as directed.
- **Ice your Hip and Thigh**: Ice often
- **Elevate your Leg**: Elevate leg above heart
- **Wear TED Stockings**: 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

#### 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)

#### Ankle Pumps
- Do 10 reps every hour
- **10 Reps every hour**: 10 Reps 3x/day

#### Thigh Squeeze
- 3 times per day, work up to 10 reps
- **10 Reps 3x/day**: 10 Reps 3x/day

#### Buttock Squeeze
- 3 times per day, work up to 10 reps
- **10 Reps 3x/day**: 10 Reps 3x/day

#### Heel Slides
- 3 times per day, work up to 10 reps
- **10 Reps 3x/day**: 10 Reps 3x/day

#### Leg Slides
- 3 times per day, work up to 10 reps
- **10 Reps 3x/day**: 10 Reps 3x/day

#### Knee Extensions
- 3 times per day, work up to 10 reps
- **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

### Exercises (based on therapist discretion)
- **Stool softener**: Drink fluids
- **Laxative**: Drink fluids
- **High fiber diet**: Drink fluids
- **Drainage**: Drink fluids
- **Pain**: Drink fluids
- **Red**: Drink fluids
- **Hot**: Drink fluids
- **Fever > 101.5 deg**: Drink fluids

### Call 734-936-5780
- If you experience:
  - Drainage from incision
  - Incision is redder
  - Incision is hotter
  - Increased Pain
  - Fever over 101.5 degrees

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