



Anterior Hip Replacement Care Pathway After Discharge



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

Control Pain 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	Take Medication	Take Medication	Take Medication (begin weaning)	Take Medication (begin weaning)	Take Medication (continue weaning)	Take Medication (begin weaning)	Take Medication (continue weaning)	Take Medication (begin weaning)	Take Medication (continue weaning)	Take Medication (begin weaning)	Take Medication (continue weaning)	Take Medication (begin weaning)	Take Medication (continue weaning)
Take Blood Clot Medication	Take medication to prevent blood clots as directed by your surgeon.	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>
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	Ice often	Ice often	Ice often	Ice often	Ice often	Ice often	Ice often
Elevate your Leg	<p>Position your leg above your heart 4x/day for 20-30 minutes</p>  <p>Prop your leg when sitting throughout the day</p> 	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/>
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 <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>

Care for your Incision	<p>Keep incision clean and dry. Remove your Aquacel dressing 10 days after surgery. OK to shower with this dressing on. Do not use ointments or lotions. Do not take a bath.</p> <p>Normal: Tenderness Scabbing Pink Warm</p> <p>Not Normal: Pain Drainage Red Hot Fever > 101.5 deg</p>	<p>Call 734-936-5780 if you experience:</p> <p>Drainage from incision Incision is redder Incision is hotter Increased Pain Fever over 101.5 degrees</p>													
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Exercises (based on therapist discretion)

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).	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener	<input type="checkbox"/> Stool softener
		<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative	<input type="checkbox"/> Laxative
		<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet	<input type="checkbox"/> High fiber diet
		<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids	<input type="checkbox"/> Drink fluids
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	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
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 <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>	Walk <input type="checkbox"/>