

Hip Replacement Care Pathway After Discharge




 ADULT RECONSTRUCTION & JOINT REPLACEMENT
 DEPARTMENT OF ORTHOPAEDIC SURGERY
 UNIVERSITY OF MICHIGAN HEALTH SYSTEM

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Day 14

Posterior Hip Precautions

No Bending Past 90 degrees



Do Not Cross Legs at Knees



Avoid Forceful Twisting at Hips



Exercises (based on therapist discretion)

Take Pain Medication

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.)
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Take medication to prevent blood clots (as directed).

Take Blood Clot Medication	Take medication to prevent blood clots (as directed).
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Apply and ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)

Ice your Hip and Thigh	Apply and ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)
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<p>Elevate your Leg</p>	<p>Prop your leg when sitting throughout the day</p>		<p>Position your leg above your heart 4x/day for 20-30 minutes</p>	
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<p>Wear during the day and remove at night. Check skin daily to make sure you have not developed a sore.</p>

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

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
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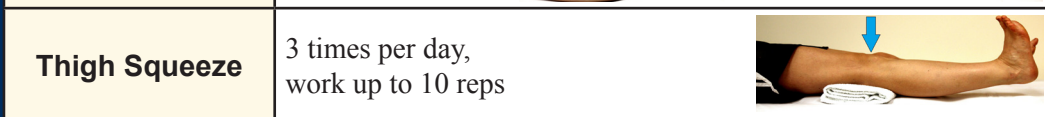

Take a **stool softener** and **laxative** every day that you are taking pain medications | Eat a **high fiber** diet | Drink plenty of **fluids** (water)

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)
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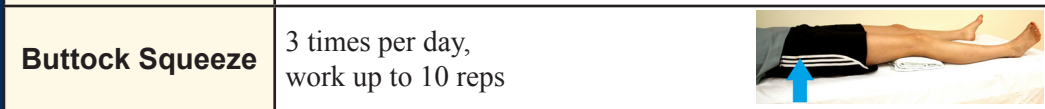

Do 10 reps every hour



3 times per day,
work up to 10 reps



3 times per day,
work up to 10 reps

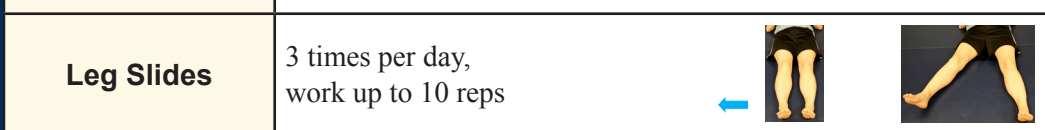


3 times per day, work up to 10 reps

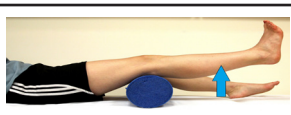


3 times per day,
work up to 10 reps

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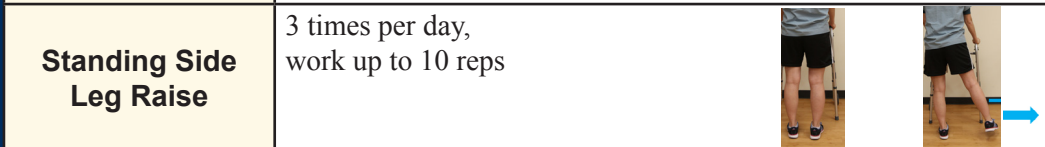

3 times per day, work up to 10 reps



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	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
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3 times per day,
work up to 10 reps



NO
OK
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)