Hip Replacement Care Pathway After Discharge									
ADULT RECONSTRUCTION & JOINT REPLACEMENT DEPARTMENT OF ORTHOPAEDIC SURGERY UNIVERSITY OF MICHIGAN HEALTH SYSTEM			/	/	/	/	/	/	/
			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Posterior Hip Precautions No Bending Past 90 degrees	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)
<image/>	Take Blood Clot Medication	Take medication to prevent blood clots as directed by your surgeon.	Take Medication □						
	Ice your Hip and Thigh	Apply and ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)	Ice often						
		Prop your leg when sitting throughout the dayPosition your leg above your heart 4x/day for 20-30 minutes	Elevate leg above heart						
	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						
	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- if you ex	936-5780 perience:	Drainage from in Increased Pain I				
	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						
Do Not Cross Legs at Knees Image: Constraint of the second seco	Ankle Pumps	Do 10 reps every hour	10 Reps every hour						
	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						
NO NO	Leg Slides	3 times per day, work up to 10 reps	10 Reps 3x/day						
	Knee Extensions	3 times per day, work up to 10 reps	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						
NO OK	Who Do You Call	? Surgery Call Center: 734-936-5780 (8am	1-4:30pm M-F) After Hour	s Paging: 73	4-936-6267 (a	ask for Ortho	paedic Resid	ent on-call)

Hip Replacement Care Pathway After Discharge										
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DEPARTMENT OF ORTHOPAEDIC SURGERY		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14		
Posterior Hip Precautions No Bending Past 90 degrees	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 Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)	
<image/>	Take Blood Clot Medication	Take medication to prevent blood clots (as directed).	Take Medication □	Take Medication □	Take Medication □	Take Medication □	Take Medication	Take Medication □	Take Medication □	
	lce your Hip and Thigh	Apply and 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	
		Prop your leg when sitting throughout the dayPosition 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	
	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 if you experience:Drainage from incision Incision is redder Incision is hotter Increased Pain Fever over 101.5 degrees							
	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	
Do Not Cross Legs at Knees	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	
	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	
	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	
	Heel Slides	3 times per day, work up to 10 reps	10 Reps 3x/day □ □ □	10 Reps 3x/day						
Avoid Forceful Twisting at Hips	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	
	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	
	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	
	Standing Side Leg Raise	3 times per day, work up to 10 reps	10 Reps 3x/day □ □ □	10 Reps 3x/day						
	Who Do You C	all? Surgery Call Center: 734-936-5780 (8a	m-4:30pm M-	F) After Hou	rs Paging: 7	34-936-6267	(ask for Ortho	opaedic Resi	dent on-call)	