### Anterior Hip Safety Measures

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

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take Pain Medication</td>
<td>Take Pain Medication</td>
<td>Take Pain Medication</td>
<td>Take Medication (begin weaning)</td>
<td>Take Medication (continue weaning)</td>
<td>Take Medication (continue weaning)</td>
<td>Take Medication (continue weaning)</td>
</tr>
<tr>
<td>Take Blood Clot Medication</td>
<td>Take Medication</td>
<td>Take Medication</td>
<td>Take Medication</td>
<td>Take Medication</td>
<td>Take Medication</td>
<td>Take Medication</td>
</tr>
<tr>
<td>Ice your Hip and Thigh</td>
<td>Ice often</td>
<td>Ice often</td>
<td>Ice often</td>
<td>Ice often</td>
<td>Ice often</td>
<td>Ice often</td>
</tr>
<tr>
<td>Elevate your Leg</td>
<td>Prop your leg when sitting throughout the day</td>
<td>Position your leg above your heart 4x/day for 20-30 minutes</td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
</tr>
<tr>
<td>Wear TED Stockings</td>
<td>Wear during the day and remove at night. Check skin daily to make sure you have not developed a sore</td>
<td>Check Skin</td>
<td>Check Skin</td>
<td>Check Skin</td>
<td>Check Skin</td>
<td>Check Skin</td>
</tr>
<tr>
<td>Care for your Incision</td>
<td>Keep incision clean and dry. Do not use ointments or lotions. Do not take a bath. Cover incision if you shower.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal:</td>
<td>Tenderness</td>
<td>Scabbing</td>
<td>Pink</td>
<td>Warm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not Normal:</td>
<td>Pain</td>
<td>Drainage (Red / Hot / Fever &gt; 101.5 deg)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avoid Constipation</td>
<td>Take a stool softener and laxative every day that you are taking pain medications. Eat a high fiber diet. Drink plenty of fluids (water).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ankle Pumps</td>
<td>Do 10 reps every hour</td>
<td>10 Reps every hour</td>
<td>10 Reps every hour</td>
<td>10 Reps every hour</td>
<td>10 Reps every hour</td>
<td>10 Reps every hour</td>
</tr>
<tr>
<td>Thigh Squeeze</td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
</tr>
<tr>
<td>Buttock Squeeze</td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
</tr>
<tr>
<td>Leg Slides</td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
</tr>
<tr>
<td>Walk</td>
<td>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</td>
<td>Walk</td>
<td>Walk</td>
<td>Walk</td>
<td>Walk</td>
<td>Walk</td>
</tr>
</tbody>
</table>

### Anterior Hip Replacement Care Pathway After Discharge

- **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** to prevent blood clots as directed by your surgeon.
- **Ice your Hip and Thigh** and apply ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)
- **Prop your leg** during the day (20 minutes on, 20 minutes off) and elevate leg when sitting throughout the day for 20-30 minutes above heart.
- **Elevate your Leg** 4x/day above heart.
- **Position your leg above your heart** 4x/day.
- **Control Pain and Swelling Exercises** (based on therapist discretion)
  - **Normal:**
  - **Thigh Squeeze:** 10 Reps 3x/day
  - **Buttock Squeeze:** 10 Reps 3x/day
  - **Leg Slides:** 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

### 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**

#### Take Pain Medication
- **Day 8**: Take Pain Medication
- **Day 9**: Take Pain Medication
- **Day 10**: Take Pain Medication (begin weaning)
- **Day 11**: Take Pain Medication (begin weaning)
- **Day 12**: Take Pain Medication (continue weaning)
- **Day 13**: Take Pain Medication (continue weaning)
- **Day 14**: Take Pain Medication

#### Take Blood Clot Medication
- **Day 8**: Take Blood Clot Medication
- **Day 9**: Take Blood Clot Medication
- **Day 10**: Take Blood Clot Medication
- **Day 11**: Take Blood Clot Medication
- **Day 12**: Take Blood Clot Medication
- **Day 13**: Take Blood Clot Medication
- **Day 14**: Take Blood Clot Medication

#### Ice your Hip and Thigh
- **Day 8**: Ice your Hip
- **Day 9**: Ice your Hip
- **Day 10**: Ice your Hip
- **Day 11**: Ice your Hip
- **Day 12**: Ice your Hip
- **Day 13**: Ice your Hip
- **Day 14**: Ice your Hip

#### Elevate your Leg
- **Day 8**: Elevate your Leg
- **Day 9**: Elevate your Leg
- **Day 10**: Elevate your Leg
- **Day 11**: Elevate your Leg
- **Day 12**: Elevate your Leg
- **Day 13**: Elevate your Leg
- **Day 14**: Elevate your Leg

#### Wear TED Stockings
- **Day 8**: Wear TED Stockings
- **Day 9**: Wear TED Stockings
- **Day 10**: Wear TED Stockings
- **Day 11**: Wear TED Stockings
- **Day 12**: Wear TED Stockings
- **Day 13**: Wear TED Stockings
- **Day 14**: Wear TED Stockings

### 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 | Incision is redder | Incision is hotter | Fever > 101.5 deg

#### Avoid Constipation
- **Day 8**: Take stool softener and laxative daily
- **Day 9**: Take stool softener and laxative daily
- **Day 10**: Take stool softener and laxative daily
- **Day 11**: Take stool softener and laxative daily
- **Day 12**: Take stool softener and laxative daily
- **Day 13**: Take stool softener and laxative daily
- **Day 14**: Take stool softener and laxative daily

#### Ankle Pumps
- **Day 8**: Do 10 reps every hour
- **Day 9**: Do 10 reps every hour
- **Day 10**: Do 10 reps every hour
- **Day 11**: Do 10 reps every hour
- **Day 12**: Do 10 reps every hour
- **Day 13**: Do 10 reps every hour
- **Day 14**: Do 10 reps every hour

#### Thigh Squeeze
- **Day 8**: 3 times per day, work up to 10 reps
- **Day 9**: 3 times per day, work up to 10 reps
- **Day 10**: 3 times per day, work up to 10 reps
- **Day 11**: 3 times per day, work up to 10 reps
- **Day 12**: 3 times per day, work up to 10 reps
- **Day 13**: 3 times per day, work up to 10 reps
- **Day 14**: 3 times per day, work up to 10 reps

#### Buttock Squeeze
- **Day 8**: 3 times per day, work up to 10 reps
- **Day 9**: 3 times per day, work up to 10 reps
- **Day 10**: 3 times per day, work up to 10 reps
- **Day 11**: 3 times per day, work up to 10 reps
- **Day 12**: 3 times per day, work up to 10 reps
- **Day 13**: 3 times per day, work up to 10 reps
- **Day 14**: 3 times per day, work up to 10 reps

#### Heel Slides
- **Day 8**: 3 times per day, work up to 10 reps
- **Day 9**: 3 times per day, work up to 10 reps
- **Day 10**: 3 times per day, work up to 10 reps
- **Day 11**: 3 times per day, work up to 10 reps
- **Day 12**: 3 times per day, work up to 10 reps
- **Day 13**: 3 times per day, work up to 10 reps
- **Day 14**: 3 times per day, work up to 10 reps

#### Leg Slides
- **Day 8**: 3 times per day, work up to 10 reps
- **Day 9**: 3 times per day, work up to 10 reps
- **Day 10**: 3 times per day, work up to 10 reps
- **Day 11**: 3 times per day, work up to 10 reps
- **Day 12**: 3 times per day, work up to 10 reps
- **Day 13**: 3 times per day, work up to 10 reps
- **Day 14**: 3 times per day, work up to 10 reps

#### Knee Extensions
- **Day 8**: 3 times per day, work up to 10 reps
- **Day 9**: 3 times per day, work up to 10 reps
- **Day 10**: 3 times per day, work up to 10 reps
- **Day 11**: 3 times per day, work up to 10 reps
- **Day 12**: 3 times per day, work up to 10 reps
- **Day 13**: 3 times per day, work up to 10 reps
- **Day 14**: 3 times per day, work up to 10 reps

#### Walk
- **Day 8**: Walk short distances to build up endurance
- **Day 9**: Walk comfortably, don’t limp and use your assistive device
- **Day 10**: Walk comfortably, don’t limp and use your assistive device
- **Day 11**: Walk comfortably, don’t limp and use your assistive device
- **Day 12**: Walk comfortably, don’t limp and use your assistive device
- **Day 13**: Walk comfortably, don’t limp and use your assistive device
- **Day 14**: Walk comfortably, don’t limp and use your assistive device

### Additional Instructions
- **Day 10**: Start weaning your pain meds after 4 or 5 days as tolerated.
  - (Decrease the number of pills or increase the time between pills.)
  - Take Pain after 4 or 5 days as tolerated. (Decrease the number of pills or increase the time between pills.)

#### Medication Weaning
- **Day 8**: Take Pain
- **Day 9**: Take Pain
- **Day 10**: Take Pain
- **Day 11**: Take Pain
- **Day 12**: Take Pain
- **Day 13**: Take Pain
- **Day 14**: Take Pain

#### High fiber diet
- **Day 8**: Eat a high fiber diet
- **Day 9**: Eat a high fiber diet
- **Day 10**: Eat a high fiber diet
- **Day 11**: Eat a high fiber diet
- **Day 12**: Eat a high fiber diet
- **Day 13**: Eat a high fiber diet
- **Day 14**: Eat a high fiber diet

#### Fluids
- **Day 8**: Drink plenty of fluids
- **Day 9**: Drink plenty of fluids
- **Day 10**: Drink plenty of fluids
- **Day 11**: Drink plenty of fluids
- **Day 12**: Drink plenty of fluids
- **Day 13**: Drink plenty of fluids
- **Day 14**: Drink plenty of fluids

#### Walk
- **Day 8**: Walk
- **Day 9**: Walk
- **Day 10**: Walk
- **Day 11**: Walk
- **Day 12**: Walk
- **Day 13**: Walk
- **Day 14**: Walk

#### Stool softener
- **Day 8**: Take a stool softener daily
- **Day 9**: Take a stool softener daily
- **Day 10**: Take a stool softener daily
- **Day 11**: Take a stool softener daily
- **Day 12**: Take a stool softener daily
- **Day 13**: Take a stool softener daily
- **Day 14**: Take a stool softener daily

#### Laxative
- **Day 8**: Take a laxative daily
- **Day 9**: Take a laxative daily
- **Day 10**: Take a laxative daily
- **Day 11**: Take a laxative daily
- **Day 12**: Take a laxative daily
- **Day 13**: Take a laxative daily
- **Day 14**: Take a laxative daily

### Exercises (based on therapist discretion)

- **Day 8**: 10 Reps every hour
- **Day 9**: 10 Reps every hour
- **Day 10**: 10 Reps every hour
- **Day 11**: 10 Reps every hour
- **Day 12**: 10 Reps every hour
- **Day 13**: 10 Reps every hour
- **Day 14**: 10 Reps every hour

### Surgery Call Center

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