Anterior	Hip	Rep	lacement	Care	Pathwa
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		Anterior Hip Safety Measures	/	/	/	/
•	Avoid sudden twist	ing or pivoting • Use assistive device as needed to avoid a fall	Day 1	Day 2	Day 3	Day 4
	Take Pain MedicationTake pain medication as directed by your surgeon. Start weaning yo after 4 or 5 days as tolerated. (Decrease the number of pills or increase between pills.)		Take Medication	Take Medication	Take Medication	Take Medication (begin weani
	Take Blood Clot Medication	Take medication to prevent blood clots as directed by your surgeon.	Take Medication □	Take Medication □	Take Medication □	Take Medication □
Swelling	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	Ice often	Ice often	Ice often
Control Pain and S	Elevate your Leg	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 hear
Contr	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 Ski
Exercises (based on therapist discretion)	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 734-936-5780Drainage from incisionif you experience:Increased Pain Feve			
	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 softer □Laxative □High fiber o □Drink fluid
	Ankle Pumps	Do 10 reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps eve 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/c
	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/c
Exercis	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/c
	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
	Who Do You	Call? Surgery Call Center: 734-936-5780 (8am-4:30	pm M-F) Af	ter Hours Pa	iging: 734-9	36-6267 (a

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

y After Discharge						
_	/	/	_/_			
4 tion aning)	Day 5 Take Medication (begin weaning)	Day 6 Take Medication (continue weaning)	Day 7 Take Medication (continue weaning)			
tion	Take Medication □	Take Medication □	Take Medication □			
en	Ice often	Ice often	Ice often			
leg eart ⊐ □	Elevate leg above heart	Elevate leg above heart	Elevate leg above heart			
Skin	Check Skin	Check Skin	Check Skin			
ncision is redder Incision is hotter r 101.5 degrees						
ftener e er diet uids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids			
every	10 Reps every hour	10 Reps every hour	10 Reps every hour			
x/day □	10 Reps 3x/day □ □ □	10 Reps 3x/day	10 Reps 3x/day □ □ □			
x/day	10 Reps 3x/day	10 Reps 3x/day	10 Reps 3x/day □ □ □			
x/day □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □	10 Reps 3x/day □ □ □			
	Walk	Walk	Walk			
(ask	for Orthopa	edic Resider	nt on-call)			



Anterior Hip Replacement Care Pathwa

Anterior Hip Safety Measures				/	/	/
•	Avoid sudden twist	ing or pivoting • Use assistive device as needed to avoid a fall	Day 8	Day 9	Day 10	Day 11
	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 Medicatio (begin wean
	Take Blood Clot Medication	Take medication to prevent blood clots (as directed).	Take Medication □	Take Medication □	Take Medication □	Take Medicatio
Swelling	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	Ice often	Ice often	Ice ofter
and	Elevate your Leg	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 le above hea
ol Pain	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 Sk
Control	Care for your Incision	Keep incision clean and dry. Do not use ointments or lotions. Call 734-936-5780 Do not take a bath. Cover incision if you shower. Call 734-936-5780 Normal: Tenderness Scabbing Pink Warm if you experience: Not Normal: Pain Drainage Red Hot Fever > 101.5 deg if you experience:			Drainage from incision Inc Increased Pain Fever over	
	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 softe □Laxative □High fiber □Drink fluid
	Ankle Pumps	Do 10 reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps ev hour
scretion)	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/
	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/
Exercises (based on therapist di	Heel 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/
based c	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/
rcises (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/
Exe	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
	Standing Side Leg Raise	3 times per day, work up to 10 reps	10 Reps 3x/day	10 Reps 3x/day	10 Reps 3x/day □ □ □ □	10 Reps 3x/

Who Do You Call?

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y After Discharge						
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11	Day 12	Day 13	Day 14			
e tion aning) e	Take Medication (begin weaning) Take	Take Medication (continue weaning) Take	Take			
tion	Medication	Medication	Medication			
en	Ice often	Ice often	Ice often			
leg leart	Elevate leg above heart	Elevate leg above heart	Elevate leg above heart			
Skin	Check Skin	Check Skin	Check Skin			
Incision is redder Incision is hotter er 101.5 degrees						
ftener e er diet uids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids	□Stool softener □Laxative □High fiber diet □Drink fluids			
every r	10 Reps every hour	10 Reps every hour	10 Reps every hour			
3x/day □	10 Reps 3x/day	10 Reps 3x/day	10 Reps 3x/day			
Sx/day □	10 Reps 3x/day	10 Reps 3x/day	10 Reps 3x/day			
x/day	10 Reps 3x/day	10 Reps 3x/day	10 Reps 3x/day			
ox/day □	10 Reps 3x/day	10 Reps 3x/day	10 Reps 3x/day			
Sx/day □	10 Reps 3x/day	10 Reps 3x/day	10 Reps 3x/day			
	Walk	Walk	Walk			
Sx/day □	10 Reps 3x/day	10 Reps 3x/day	10 Reps 3x/day			