### Hip Replacement Care Pathway After Discharge

<table>
<thead>
<tr>
<th>Day</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 Pain Medication</td>
<td>Take Pain Medication (begin weaning)</td>
<td>Take Pain Medication (continue weaning)</td>
<td>Take Pain Medication (continue weaning)</td>
</tr>
<tr>
<td>Take Blood Clot Medication</td>
<td>Take Blood Clot Medication</td>
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<td>Take Blood Clot Medication</td>
<td>Take Blood Clot Medication (begin weaning)</td>
<td>Take Blood Clot Medication (continue weaning)</td>
<td>Take Blood Clot Medication (continue weaning)</td>
</tr>
<tr>
<td>Ice your Hip and Thigh</td>
<td>Apply ice and ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)</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. 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>
<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. <strong>Normal:</strong> Tenderness</td>
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<td><strong>Normal:</strong> Tenderness</td>
</tr>
<tr>
<td></td>
<td><strong>Not Normal:</strong> Pain</td>
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</tr>
<tr>
<td>Avoid Constipation</td>
<td>Take a stool softener and laxative every day that you are taking pain medications</td>
<td>Stool softener</td>
<td>Stool softener</td>
<td>Stool softener</td>
<td>Stool softener</td>
<td>Stool softener</td>
</tr>
<tr>
<td></td>
<td>High fiber diet</td>
<td>Laxative</td>
<td>High fiber diet</td>
<td>Laxative</td>
<td>High fiber diet</td>
<td>Laxative</td>
</tr>
<tr>
<td></td>
<td>Drink fluids</td>
<td>Drink fluids</td>
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</tr>
<tr>
<td>Ankle Pumps</td>
<td>Do 10 reps every hour</td>
<td>10 Reps every hour</td>
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</tr>
<tr>
<td>Thigh Squeeze</td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
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<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>
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</tr>
<tr>
<td>Heel Slides</td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
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<td>10 Reps 3x/day</td>
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</tr>
<tr>
<td>Leg Slides</td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
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<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
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</tr>
<tr>
<td>Knee Extensions</td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
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</tr>
<tr>
<td>Walk</td>
<td>Start with short distances to build up endurance</td>
<td>Try to increase your walking time each day</td>
<td>Walk comfortably, don’t limp and use your assistive device</td>
<td>Walk</td>
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<td>Walk</td>
</tr>
</tbody>
</table>

**Who Do You Call?** Nurse Navigator: 734-936-7299 (8am-4:30pm M-F) | After Hours Paging: 734-936-6267 (ask for Orthopaedic Resident on-call)
## Hip Replacement Care Pathway After Discharge

### Posterior Hip Precautions

- **No Bending Past 90 degrees**
- **Control Pain and Swelling**
- **Do Not Cross Legs at Knees**
- **Avoid Forceful Twisting at Hips**

### Exercises (based on therapist discretion)

- **Standing Side Leg Raise**
  - 3 times per day, work up to 10 reps
  - Day 8: 10 Reps 3x/day
  - Day 9: 10 Reps 3x/day
  - Day 10: 10 Reps 3x/day
  - Day 11: 10 Reps 3x/day
  - Day 12: 10 Reps 3x/day
  - Day 13: 10 Reps 3x/day
  - Day 14: 10 Reps 3x/day

- **Leg Slides**
  - 3 times per day, work up to 10 reps
  - Day 8: 10 Reps 3x/day
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- **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
  - Day 8: Walk
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- **Ankle Pumps**
  - Do 10 reps every hour
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- **Buttock Squeeze**
  - 3 times per day, work up to 10 reps
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- **Hip Replacement Care Pathway After Discharge**

### 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.
- **Do not take a bath.**
- **Prop your leg above your heart for 20-30 minutes.**
- **Ice pack for 20 minutes.**
- **Ice often throughout the day.**
- **Apply ice pack for 20 minutes above your heart.**

### 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**

### Avoid Painful Points

- **Tenderness | Scabbing | Pink | Warm**
- **Not Normal:**
  - **Tenderness**
  - **Scabbing**
  - **Pink**
  - **Warm**

### Medication

- **Medication**
- **Take medication** (continue weaning)
- **Take medication** (continue weaning)
- **Take medication** (continue weaning)
- **Take medication** (continue weaning)
- **Take medication** (continue weaning)
- **Take medication** (continue weaning)

### Contact Information

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