



Rick Davis, MD

Orthopedic Surgeon

Hip & Knee Replacement

TOTAL HIP ARTHROPLASTY

Post-Op Instructions

1. **Control Swelling**

- **Ice** front and back of hip 30 min on/ 30 min off for 2 weeks (at least 6-8 times per day). Make sure to protect the skin while performing these activities.

-**Elevate** legs at or above heart at least 30 min, 3 times per day for the first 2 weeks.

-**Limit walking** and activity to 5-15 min/hour for the first 1-2 weeks with gradual progression afterwards.

2. **Follow *Appropriate* Hip Precautions**

-**POSTERIOR approach** - Do NOT flex hip more than 90 degrees (use an elevated toilet seat). Do NOT internally rotate/turn your leg in (such as when shaving legs/ankle). Do NOT cross your legs at the knee. Avoid lying on operative side, if you can, to reduce swelling. Keep thick pillow between knees when lying on your side. Do NOT bend at your waist more than 90 degrees (do not pick things up off the floor).

-**ANTERIOR approach** - Do NOT extend you hip backwards past a neutral standing position or externally rotate/turn leg out, to extreme positions.

3. **Weight Bearing** – OK to put full weight on operative leg.

-**Ambulate with a walker for the first 2 weeks. Even though you may feel stable, we want to ensure you do not fall!** Please notify our office if you do happen to fall on the operative leg.

4. **TED hose (Compression stockings)** - wear on both legs for 4 weeks during the day. Remove at bedtime.

5. **Waterproof bandage on surgical incision**

- Keep surgical bandage on for 1 week after surgery. It is ok to shower with bandage on, just pat dry after finishing shower. Remove bandage 7 days after surgery, wash over incisions with antimicrobial soap and water, pat dry. Replace with new waterproof bandage and keep incisions covered for an additional week after surgery
- **DO NOT** pick at incision or try to remove surgical glue. It will wear off on its own in about 2 weeks.

6. **Other Limitations** that your physical therapist will review with you:

- No resistance on cardio machines for 6 weeks. No treadmill for 6 weeks.

- No weight machines for 3 months.

7. Here are a few things to watch for: redness around the incision, drainage that persists for more than a week after surgery, or fever >100.5. Please call if you have any of these symptoms.

8. Please call our office at 513-424-7711 with any questions or concerns! We are available 24/7!