

Postoperative Hip Instructions

ACTIVITY:

- Rest as much as possible today.
- You may shower 3 day(s) after surgery, however keep surgical site/dressing dry.
- You may return to work/duty/school in 7-14 days.
- No driving for 2 week(s) after surgery if leg used to operate pedals, or after taking any narcotic pain medications.
- Flat Foot Weight-bearing with crutches when walking for 2 weeks.

DIET:

- Resume previous diet, unless directed by your physician.
- Narcotic pain medications may cause constipation: drink plenty of fluids and eat high fiber foods such as fresh fruit and vegetables.

SELF CARE:

- Keep dressing clean and dry. Drainage is expected during the first 24 hours.
- Remove the dressing in 3 day(s). After the dressing is removed, wash the incision daily with mild soap and water and pat dry. If steri-strips were used on your incision do not remove. They will fall off on their own. Use Band-Aids as needed.
- May apply an ice pack for at least 30 minutes every 2 hours for the first 72 hours post-op.
- Perform physician directed exercises. (see handout if given by physician)
- Follow up with physical therapy within 3 days from surgery to start home exercise program
- CPM machine to affected leg for total of 4 hours per day with settings of 30-70 degrees of hip (not knee) motion for 3 weeks

MEDICATIONS:

- Take only medications prescribed by your physician. If you were taking medications before surgery, check with your surgeon before resuming.
- When taking narcotic pain medication, DO NOT drive or operate heavy machinery.
- Take Oxycodone 5 mg 1 pill, every 4_ to 6_ hours, as needed for pain. Take with food or milk.
- Take Tylenol 325 mg 1-2 tablets every 4-6 hours as needed for pain.
- If prescribed, take Journavx 50 mg tablet every 12 hours for 2 weeks for pain and to reduce need for narcotic medications.
- If prescribed, take Lyrica 50 mg tablet every 12 hours for 2 weeks for nerve pain
- Take Naproxen 500mg tablet once with breakfast AND once with dinner for three weeks to prevent ossification of capsule.
- Take Colace 100 mg, every 12 hours as needed for constipation.
- Take Zofran 4 mg every 6 hours as needed for nausea

ADDITIONAL INSTRUCTION and APPOINTMENTS:

- Call the Orthopedics Clinic @ 801 587-7109 (UOC) or 801 587-5411 (Farmington) for any questions or to report any of the following:
 - Temperature persistently greater than 101.5 degrees.
 - Separation of incision.
 - Loss of sensation/ movement, or calf pain to the affected extremity.
 - Heavy bleeding/ drainage from surgical area.
 - Severe pain that is not relieved by the maximum dose of pain medication, rest, and ice.
- Your follow-up appointment is scheduled with Dr. Robins in 10-14 Days in the Orthopaedics Clinic (please use My Chart (<https://mychart.med.utah.edu/mychart/Authentication/Login>) or (801) 587-7109 for scheduling questions).
- For problems after normal clinical hours:
 - Call (801) 581-2121 (Tell the hospital operator your surgeon's name and they will contact the appropriate on-call physician).