



Bone & Joint Orthopedics Post-Surgery Discharge Instructions

Total Hip Replacement

1. **It is VERY IMPORTANT to take your blood thinning medications daily to prevent blood clots.**
2. Keep dressing clean and dry. If you have a waterproof dressing (Aquacel or Therabond), you may take a shower with your dressing and it may be left in place until your follow-up appointment.
 - It is common to have some drainage in the dressing if the borders of the dressing is intact/not leaking. If not leaking, please leave the dressing in place until your follow-up appointment.
 - If the dressing becomes grossly saturated but the borders remain intact (not peeling off and not leaking), please call the office during business hours - Monday to Friday between 7 am to 4 pm.
 - If the borders of your dressing is peeling off OR drainage is leaking from the dressing, remove the dressing and apply a standard dry gauze dressing. Call the office during business hours - Monday to Friday between 7 am to 4 pm
3. Swelling in your lower leg is common. Elevate your leg above heart level.
4. Use an ice pack as needed for pain and swelling. Do not put ice directly on skin.
5. Weight bearing as tolerated with walker
6. For Hip Replacement Posterior Approach: Follow posterior hip precautions for 3 months from the date of the surgery
7. F/U in 2 weeks for wound and x-ray check
8. Call the physician's office at 812-242-3005 between 7 am and 4 pm if any of the following occur:
 - Your dressing is continually saturated every hour.
 - Swelling that is worse than the day before and not relieved with ice and elevation

**** If the office is not available to answer questions, and you believe you must see a physician urgently, please go to UMG Convenient Care located at 221 S. 6th Street, Terre Haute IN 47807. No appointment is necessary. Convenient Care is open during the hours of:**

- **Monday to Friday 8 am to 8 pm**
- **Saturday 9 am to 3 pm**
- **Sunday 1 pm to 5 pm**
- **If Convenient Care is closed and you believe you must see a physician urgently, please go to the nearest Emergency Room**

**** If you get short of breath, chest pain, pain when breathing, or bleeding that does not stop, please call 911 or go to the nearest hospital Emergency Room.**