

Total Hip Replacement Discharge Instructions

Care of the Surgical Site:

- You will have an incision along your hip joint that will be covered with a special dressing (Aquacel) the day you leave the hospital.
- The dressing stays on for about 5-7 days and will be changed at your 1 week follow up appointment. The second dressing will stay on for another week until you are seen by your surgeon to have your staples removed.
- You may shower using a shower chair with the dressing on, however no tub baths, swimming, or hot tubs.
- Try to refrain from picking at the dressing to ensure it lasts the week it is on.
- Take over-the-counter or prescription medications for pain, discomfort, or fever only as directed by your caregiver.

Diet:

- There is no change in diet required, however it is recommended to eat lighter meals if you are feeling nauseated such as soup, toast, tea, ginger ale.
- To prevent constipation drink plenty of fluids, including 3-5 8 ounce glasses of water daily, and increase your fibre intake with fruits, vegetables, and bran. If you have a stool softener on your prescription, take it as directed.

Activity:

- **Things to do:**
 - Do continue strengthening exercises.
 - Do follow instructions for getting in and out of bed safely.
 - Do take extra care on stairs and remove loose rugs and tripping hazards.
 - Do get help to put on socks, pantyhose, pants and shoes.
 - Do place a pillow between your legs while lying down.
- **Things NOT to do (for 3 months):**
 - *Do not* sit on low chairs, sofas, or toilet seats

- *Do not* cross your legs
- *Do not* bend over 90 degrees at the hip
- *Do not* bend forward to reach your feet
- *Do not* twist your torso (upper body)
- Use walker as you were instructed by your physiotherapist.
- Avoid lifting or driving until instructed by your surgeon.

Rest often, but move around as much as you can tolerate as movement helps you to heal and prevent blood clots and reduce swelling in your joint

Follow-Up:

- You will receive 2 follow-up appointments when you leave the hospital:

<p>In 1 week:</p> <ul style="list-style-type: none"> • You will be seen by a nurse for a dressing change • You will not see the surgeon during this visit 	<p>In 2 weeks:</p> <ul style="list-style-type: none"> • You will see the surgeon during this visit • Your staples will be removed • Ask your surgeon about when you can return to work and any restrictions needed during this visit
<p>Both of these appointments will be in the Ambulatory Care department at the hospital (located in the South building; for easy access, park in the South parking lot).</p>	