

Anterior Hip Replacement

Post-op Medications

***Non-Steroidal Anti-inflammatories**

Celebrex 200 mg Daily

These medications are to be taken with food. They will NOT be prescribed to patient taking blood thinners, patients with compromised renal functions, or GI contraindications.

Please do not take any other over the counter NSAIDS (Advil/Motrin/Aleve) while taking Celebrex.

***SEVERE PAIN**

Oxycodone 5mg every 4-6 hours as needed.

***MODERATE to MILD PAIN**

Tylenol (Acetaminophen) 1000mg every 8 hours as needed.

The recommended maximum daily dose of Tylenol is 3000mg/day with normal liver function.

***Narcotics may cause nausea and/or constipation.**

Colace 100mg 2x day – stool softener.

Senna 2 tabs at bedtime.

Should you still experience constipation, please call the office

***DVT Prophylaxis Treatment Varies**

If you normally take blood thinners such as coumadin, Eliquis, Plavix, Pradaxa, Xarelto, etc., these medications will be resumed post-surgery. You will NOT be prescribed NSAIDs.

Patients who cannot tolerate Aspirin or who have gastro-intestinal issues will NOT be prescribed Aspirin.

All other patients will receive: Aspirin 81mg for 4 weeks.

POST OP:

Swelling is normal – expect swelling above the hip, and even down the leg to the foot and ankle. Should you Experience swelling in the lower extremity, please elevate. Reduction of swelling is most effective when the limb is above the level of the heart. Get your toes to the level of your nose.



Lying in bed or on the couch with the leg elevated is the best position to reduce swelling. Please keep your leg elevated a minimum of 4x a day for at least 20-30 minutes.

Avoid prolonged sitting or sleeping in a recliner.

Ice the hip. You can apply an ice bag to the hip several times a day for 20-minute intervals.

Bruising is normal and will occur. You may see bruising all the way down your leg to your toes.

You will go home with a PICO dressing; this is a water-resistant dressing applied to your surgical incision in the operating room. This dressing will remain in place for 2 weeks. The dressing will be removed at your first post-op visit. It is okay to shower with the dressing in place but **DO NOT** submerge the dressing. **Please note: The battery pack will lose charge after 1 week. You may replace the batteries or simply disconnect the cord.*

Eat healthy and limit sugary snacks – protein promotes wound healing.

Please call the office should you experience any redness or drainage from the incision site.

Dental Prophylaxis

Avoid any non-emergent dental visits. We recommend waiting 3 months after surgery before having a dental cleaning and 6 months for any dental procedure.

After this 6-month period, we will have you take antibiotics prior to any dental work, for life.

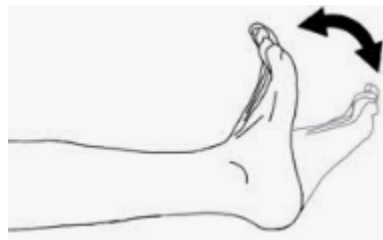
Anterior Hip Replacement**Activity**

Early ambulation (walking) is encouraged. Progression of assistive devices is encouraged. – please remember safety first!

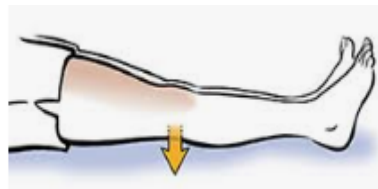
Walker → Cane → No Assistive Device

Physical Therapy

A physical therapist will be coming into your home post operatively. During their visits, they will ensure safety in your home and give you guidance with your normal/daily activities. The physical therapist will work with you to ensure proper walking-gait training as well as teaching you how to ascend and descend stairs. They will also show you the following exercises.

**Ankle Pumps**

Point then flex both feet repeat in quick pace.

**Quad Sets**

Lie in bed with your legs straight. Tighten the front thigh muscle while pressing the back of your knee down into the bed.

**Glute Sets**

Squeeze buttocks together tightly; hold for 5 seconds and release.

Seated knee flexion/extensions

Sit upright in a chair, straighten your leg (this exercise is intended to loosen you up and NOT as a strengthening exercise).

