

# Post Operative Hip Replacement Instructions

## Dr. Petrow

### Pain Medications

- Norco 5/325 (Hydrocodone + Tylenol), 1 or 2 tabs every 6 hours, Max 8 tabs a day for moderate to severe pain as needed
- Oxycodone 5mg, 1 or 2 tabs every 6 hours, max 8 tabs a day for moderate to severe pain as needed
- Tramadol 50 mg, 1 or 2 tabs every 6 hours as needed (can be used for breakthrough pain while using Tylenol and Ibuprofen combination)
- Tylenol Extra Strength 500 mg, 2 tabs every 8 hours (Only if not taking Norco) to be taken with Ibuprofen three times per day for the first 2 weeks
- Ibuprofen/Motrin 800 mg every 8 hours to be taken with Tylenol Extra Strength three times per day for the first 2 weeks
- Other: \_\_\_\_\_

### Medications to help prevent Blood Clot:

- Aspirin 81 mg, 1 tab twice a day (every 12 hours) for 4 weeks (start in am after surgery)
- Eliquis 2.5 mg, 1 pill twice per day for 14 days, start at 24 hours after surgery

### Medications to help prevent Infection:

- Keflex 500 mg, 1 pill twice per day for 7 days.
- Clindamycin 300mg, 1 pill twice per day for 7 days.

Other medication Instructions:

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## **Common Pain Medication Side Effects:**

Drowsiness

Nausea/Vomiting

Constipation (Please consider taking Senokot-S while on narcotics)\*\*If these side effects are NOT tolerable to you, Please contact our office at (520) 382-8200.

## **Incision Care**

- **Keep the Aquacel bandage on until 1 week after surgery. The bandage is waterproof, so it is OK to shower tomorrow morning.**
- **At one week, remove your bandage and wash your wound with regular soap. Do not cover your incision after the bandage is removed.**
- **Do not place ointments or creams on your incision.**
- **Some blood will collect under the bandage. This is normal, keep bandage on unless blood is leaking out. If blood leaks out, remove bandage and place a lightweight gauze dressing on incision until bleeding stops.**
- **Staples (if you have them) will be removed at first post-op appointment.**
- **Avoid Pools/Baths/ Hot Tubs until cleared to do so.**

## **Physical Therapy and Exercises**

- **Please begin Physical therapy within 1 week after your surgery. Please perform the hip exercises in your joint replacement packet until then.**
- **Work on your exercises every single day.**
- **You do not have any hip precautions after your surgery. It is OK to cross your legs, or to bend over 90 degrees with your new hip.**
- **Take frequent short walks around your house or your yard.**
- **Bedrest is not recommended, keep your hip moving.**
- **Pain is your guide. If you are experiencing a lot of pain, it is time to rest.**

## TED Stockings (White Stockings)

These are to help minimize the risk of a blood clot. The stockings also help to reduce swelling. Place stockings on after your morning shower, or when first arising from sleep. They may be removed before sleep at night. You are not required to sleep in the TED Stockings. TED stockings can be discontinued at 2 weeks after surgery.

## Normal Symptoms after a Hip Replacement

- **Swelling:** Your entire leg, even the ankle, will be swollen. The swelling usually resolves by 3 months. Icing around the incision is sometimes helpful to reduce swelling, but elevation of the ankle above the level of the heart is most effective.
- **Numbness** to the outer aspect of your incision
- **Bruising**
- **Redness** around incision
- **Warmth** around incision
- Feeling **tired** and fatigued
- **Pain** and Soreness

## Getting In Touch With Us:

### Mon- Fri 8 a- 5p

1. **Urgent Matters: Contact Ana C., Medical Assistant at 520-382-8423**
2. **Routine Matters: Use online portal link (MYHEALTH@TUCSONORTHO) to send a secure message via our website at [www.tucsonortho.com](http://www.tucsonortho.com)**

**Afterhours, Weekends, Holidays for Urgent matters only**

- 1. Our Orthopaedic Surgeons and Orthopaedic Assistants are available via our After Hours Clinic. No appointment Necessary**

**Hours:**

**Monday – Friday: 5 pm – 9 pm**

**Saturday: 9 am – 1 pm**

**Location:**

**TOI East Office – First floor of TMC Orthopaedic & Surgical Tower**

**5301 E. Grant Road**

**Tucson, AZ 85712**

**(520) 784-6441**

- 2. On call Surgeon: 520-382-8200**