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| PH: 630-372-1100<br>FAX: 630-372-6230<br><br>1600 Randall Rd, Ste 110<br><b>ELGIN, IL 60123</b> | <br>1110 W. Schick Rd<br><b>BARTLETT, IL 60103</b> | <b>www.suburbanortho.com</b><br><br>Eberle Building<br>800 Biesterfield Rd, Ste 565<br><b>ELK GROVE, IL 60007</b> |
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### Dr. Leung's Post-Total Hip Replacement Instructions

Your first follow-up appointment will be in 2 weeks for a wound check.

Appointment is scheduled for \_\_\_\_\_ at \_\_\_\_\_

If you do not have an appointment, please call (630) 372-1100 to schedule.

#### Wound care:

- ⇒ Keep the incision dry until your staples/sutures are removed at 2 weeks
- ⇒ You will have a water-proof dressing so you may shower and let water run over the area
- ⇒ The dressing can be removed after 1 week and the incision left open to air as long as there is no drainage
- ⇒ Most incisions will be closed with dissolvable sutures and skin glue. This glue will peel off on its own. Please do not peel this off.
- ⇒ It is not unusual for the incision to drain for the first few days after surgery.
- ⇒ If there is excessive drainage to the edges of the bandage or leaking from the bandage, obtain sterile gauze bandages from the local drugstore and hold with bandage tape. Change this daily and contact my office
- ⇒ No submerging the hip in water for the first 6 weeks. **No pools, baths, or hot tubs!**

#### Medications:

- ⇒ You may resume most of your medications when you return home unless otherwise instructed
- ⇒ Do not restart female hormones until 4 weeks after surgery
- ⇒ You can restart immune suppression drugs after your staples/sutures are removed and the wound is healed
- ⇒ **Below are common medications prescribed however this can vary. Please call if you have questions.**
  - Acetaminophen (Tylenol) 1000 mg three times a day for pain
  - Anti-inflammatories (only take one of the following) for pain
    - Meloxicam 15 daily
    - Celebrex 200mg twice a day
    - Ibuprofen 800mg three times a day
  - Gabapentin 300mg twice a day for pain for 2 weeks
  - Opioids (only take one of the following) for pain **AS NEEDED**
    - Tramadol 50-100mg every 4 – 6 hours
    - Oxycodone 5-10mg every 4 – 6 hours
  - Nexium 20mg daily to protect the stomach lining
  - Metaxalone 800mg every 8 hours **as needed** for muscle spasms
  - Colace 100mg twice a day to soften stools and prevent constipation
- ⇒ Anti-Coagulation
  - Follow directions from Dr. Leung regarding anti-coagulation to prevent blood clots.

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#### **Swelling:**

- ⇒ You can have bruising and swelling down the operative leg. This is normal and can take 6-12 months to resolve
- ⇒ Ice and elevation will help to reduce swelling
  - Elevate the leg above the level of heart
  - You may keep ice on the hip for 20-30 minutes for 4-5x a day but do not apply ice directly onto the skin.

#### **Sleep:**

- ⇒ Sleep during the first 6 weeks can be difficult so use ice and pain medication as much as possible
- ⇒ Your endurance will be decreased after surgery and the easiest tasks will take longer than normal causing you fatigue easily. This will get better as healing progresses and your strength returns. Expect good days and bad days, decrease in appetite, anxiety, changes in your body's thermostat, and depression. Please know that these symptoms will subside with time.

#### **Driving:**

- ⇒ If your left hip was replaced, you may drive when you feel comfortable providing that you are no longer taking any opioid pain medications.
- ⇒ If your right hip was replaced, avoid driving for 4-6 weeks. Remember your reflexes may be decreased.

#### **Things to REPORT**

- ⇒ Redness around the incision
- ⇒ Drainage or bleeding around the incision
- ⇒ Temperature over 101 degrees
- ⇒ Calf pain or swelling
- ⇒ Chest pain, shortness of breath, or bloody vomit
- ⇒ Please contact our office with any concerns

#### **Additional information**

- ⇒ Please inform your dentist you had a joint replacement surgery. You will need **antibiotics** prior to **any** dental procedures.

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### **Dr. Leung's Post-Total Hip Replacement Instructions**

**Exercise:**

- ⇒ In addition to physical therapy, you must exercise **daily**. You can exercise in a pool once the staples/sutures are removed and the incision is well healed.
- ⇒ You should stay active but remember not to overdo it; listen to your body!
- ⇒ Your physical therapist will start you with a walker and progress you to a cane. They will recommend when you can ambulate without any assistive device.

**The following are home exercises to perform daily. Your physical therapist will teach you additional exercises:**

**Marching in Place:**

Stand in front of a mirror and march in place. This will help to restore your normal gait pattern. Don't be afraid to turn on some music! **Do Not flex your hips past 90 degrees.**



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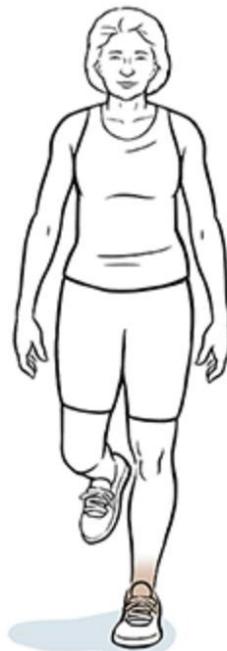
#### **Standing Hip Abduction:**

Hold onto a chair or table for balance and lift the **operated** leg out to the side while standing tall. Keep your pelvis level and upper body straight. Do no hike up your hip. Keep your toes pointing forward.



#### **Single Leg Balance:**

Balance on the **operated** leg, holding onto a counter/chair for support if needed. Squeeze your buttocks together and hold for 30 seconds. Make sure to keep your hips level.



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#### **Ankle Pumps:**

Slowly bend both ankles back and forth so that toes go up towards your nose and down towards the floor.

