



Post-Operative Instructions for THA and BHR

Dressing/wound care:

- Surgical dressing to be removed 7 days after the surgery.
- You may begin showering 3 days after surgery. Shower like normal and pat the wound dressing dry when finished. Do not take a bath, swim, or submerge the incision until instructed.
- Elevate the operative extremity as much as possible throughout the day.
- You may use ice packs provided by AHI continuously and change ice packs every 3 hrs while awake for the first 3-5 days.
- In most cases, a home health nurse will visit you in your home. Please share the instructions below with your nurse.

Activity:

- Take 10 deep breaths each hour.
- Get up and walk every hour, walk as much as possible/comfortable.
- Use walker or crutches only as needed. You may progress to full weight-bearing as quickly as possible, unless instructed otherwise.
- A home physical therapist will also visit you in your home for the first 1-2 weeks after surgery. As soon as you feel comfortable/possible, you may transition to an outpatient physical therapy.

Medications:

- Use narcotic pain medications only as needed – you may discontinue use of the pain medication once your pain is controlled with Tylenol or icing alone.
- For all other medications that has been prescribed by AHI, take the entire prescription as written

Instructions for Home Health Nurse:

- Check vital signs and dressing at each visit. Instruct patient on incision care and pain management.
 - Remind patient to use anti-embolism stockings for 4 weeks. These can be removed daily for showering and to inspect skin. These can also be removed for the nighttime, if uncomfortable enough to interfere with sleep, but must be placed back on the next morning.
 - **Posterior THAs only:** Instruct on posterior hip precautions.
 - Remove Aquacel or Optifoam dressing 7 days after the surgery. May change surgical dressing to dry dressing sooner, if fully saturated. Please allow Prineo dressing or steri-strips fall off on their own.
1. If you develop a fever ($>101^{\circ}\text{F}$) associated with other symptoms or if fever occurs 2 or more days after the surgery, please call our office to arrange for an evaluation.
 2. If you develop redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
 3. Please call the office to schedule a follow up appointment 14 days following surgery if you do not already have an appointment scheduled.

If you have any questions please feel free to reference the AHI booklet, message us through the AHI Patient Portal or call our office at 833-USA-HIPS (833-872-4477).