



# Hip Replacement: Postoperative Instructions

If you or your family have any questions related to the surgery and your recovery, please call Dr. Birch's assistant at (805) 539-2738 during regular business hours. If it is after 5:00 p.m. or over the weekend, please call the office at (805) 963-9377 and have Dr. Birch contacted.

## Post-Operative Appointment

Follow-up with Dr. Birch in 2-3 weeks.

- Post-Operative Appointment Date and Time: \_\_\_\_\_

## Medications

You were given a prescription for pain medicine during your preoperative visit.

### Medications for Pain

- **Acetaminophen** (Tylenol Extra Strength) 500mg tablet  
- Take 2 tablets every 8 hours as needed
- **Naproxen** (Aleve) 220mg tablet  
- Take 2 tablets every 12 hours as needed
- **Oxycodone** (Roxicodone) 5mg tablet  
- Take 1 or 2 tablets every 6 hours as needed
- **Tramadol** (Ultram) 50mg tablet  
- Take 1 or 2 tablets every 6 hours as needed

### Medications to Protect Your Stomach from Ulcers

- **Prilosec** (Omeprazole) 20mg tablet  
- Take 1 tablet per day for 4 weeks

### Medications to Prevent Blood Clots

- **Aspirin EC** (enteric coated) 81mg tablets  
- Take 1 tablet per day for 4 weeks

### Medications to Prevent Constipation

- **Docusate** (Colace) 100mg tablet  
- Take 2 tablets per day until normal bowel movements return

### Other Medications:

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**Christopher Birch, M.D.**

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## Activity

- Minimize your activity the day of surgery. Keep your leg elevated on pillows when you are lying down for the first several days to reduce swelling.
- Ice and elevate the leg as much as possible.
- Pump your foot up and down 20 times per hour, every hour you are awake.
- Maintain anterior hip precautions: avoid extension and external rotation of the surgical leg.
- You may place weight on your leg, as tolerated.
- Use a walker for walking until follow-up in clinic.

## Diet

- You can resume your regular diet.

## Dressing

- You have a waterproof dressing that will remain in place for 1 week.
- Peel the dressing off like a band-aid 7 days after surgery.
- All of your sutures will be buried under the skin and do not need to be removed.

## Showering

- You may shower immediately.
- Shower with the dressing in place. Let water run over the hip, however, do not soak the dressing.
- Pad the dressing dry after showers.

## Physical Therapy

- A physical therapist will come to your house multiple days a week for approximately 2-3 weeks. This will be prescheduled to start the day after surgery.
- You will transition to outpatient physical therapy after home therapy is complete.

## Follow-up

- You have a prescheduled follow-up appointment with Dr. Birch. Please make sure you know the date and time of this appointment before you leave the surgery center.

## Notify Us

*Please call if you are experiencing warning signs. Call Dr. Birch's assistant at (805) 539-2738 during regular business hours. If it is after 5:00 p.m. or over the weekend, please call the office at (805) 963-9377 and have Dr. Birch contacted.*

## Warning Signs:

- Severe pain that is not reduced with elevation, ice and medication
- Fever above 101.5 degrees F
- Severe calf pain, shortness of breath, or chest pain
- Adverse reactions to the prescribed medications
- Severe pain uncontrolled by your pain medications
- Excessive bloody wound drainage

***\*\* If it is after-hours, you may call and/or proceed to the local  
Emergency Department if you feel it is urgent\*\****