

1. Dressing:

Change your dressing as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment.

2. Medication:

You will be given a painkiller _____ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

You should take one regular aspirin (325mg) once a day to lower the risk of blood clots. If you develop any calf or thigh pain, increased swelling, chest pain or shortness of breath, call the office immediately or go to the ER as these are symptoms of a deep venous thrombosis (blood clot) in the leg.

You will be placed on iron supplements 325mg twice a day for 2 weeks to help your body recuperate from the blood loss during surgery. You may feel more tired than usual and easily fatigue with exercise following surgery.

Hip fractures are frequently associated with osteoporosis. You should take calcium with vitamin D supplements 500mg three times a day to help prevent osteoporosis. You should talk to your primary care doctor about a bone mineral density screening test if this has not been done as often other medications may help if osteoporosis is severe.

3. Activity:

You may place full weight on the leg with activity as tolerated with a walker as needed. Gradually increase walking distance and endurance as pain lessens.

4. General Instructions:

Apply ice to the incision as needed and elevate the leg when lying down to reduce swelling. You may discontinue wearing the compression stockings at 2 weeks. It is normal for swelling in the leg to persist for several months following surgery.

If you notice any signs of infection such as increased pain, redness, fever >100.5° F, or persistent or increased drainage from the incision call the office immediately.

5. Follow-up appointments

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

6. Future Dental or Surgical Procedures:

If you are going to have any dental work (including cleaning), surgery or any invasive procedure, inform your doctor or dentist that you have had a joint replacement. You will need to be placed on an antibiotic prior to the procedure to lower your risk of developing an infection in your new joint.

*If you have any problems or concerns following surgery,
please call our office at (616) 949-8945.*