

### 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 may be given an anti-inflammatory medication \_\_\_\_\_ to be taken once daily for 2 weeks following surgery, then this may be taken daily as needed.

You will be placed on one of the following medications to reduce the risk of blood clots:

- Aspirin** 325mg twice a day for 6 weeks
- Lovenox** 40mg Injection twice a day for 2-3 weeks
- Coumadin** once a day for 2-6 weeks. Dose \_\_\_\_\_  
(this requires blood draws twice a week to ensure appropriate dose)

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 should take a multivitamin with iron daily for 4 weeks following your surgery.

### 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.

Posterior dislocation precautions should be followed at all times as instructed. Don't flex the hip past 90°. Place a pillow between legs when sleeping. Do not cross legs. Do not twist at the waist when standing. Use chairs & toilette seats that are high enough to prevent excess bending at the hip upon rising.

**Most dislocations occur within the first 3 months after surgery so be especially careful during this time period.**

**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.

**7. Other Instructions:**

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