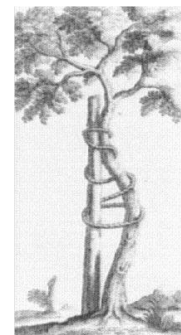




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POST - OP TOTAL HIP ARTHROPLASTY (THA)

While In Hospital

- You will be on a standardized protocol for hip replacement that the nurses and physios on the floor are well versed in.
- Your clear plastic dressing will stay intact until your 2nd postoperative day then it will be changed only if it is draining excessively.
- Your job in hospital is to get moving as fast as possible. You may stand and walk immediately.
- Your staples will be removed by either the home care nurse or your family doctor **14 days after your surgery**. You will go home with a staple remover for this purpose.
- If your wound is draining **EXCESSIVELY 7 days** after your surgery, it is NOT normal, **CALL ME and RETURN TO SEE ME** in the FRACTURE CLINIC (NOT your family doctor)
- Ensure you keep your "hip precautions" for the next 3 months (do NOT cross your legs, DO sit with your buttock higher than your knee, do NOT bend from the hip, sleep WITH a pillow between your knees)

What You Do

- Your follow-up appointment will be on the first **MONDAY 6 weeks AFTER** your surgery
- Your appointment will be at the Hamilton General Hospital, in the FRACTURE CLINIC (near the Emergency Department on the ground floor - follow the signs)
- Your appointment will be made for you prior to you leaving the floor
- You will have to **call the Fracture Clinic Booking Office** at 905 527 4322 ext. 75665 to confirm the appointment when you get home
- Please do NOT call Zoryana (my secretary) as she will NOT be able to confirm this for you
- **Prescriptions** will be faxed to your pharmacy (there will be a narcotic, an NSAID, a blood thinner and a stool softener)
- If they are printed out, fill your **prescriptions** when you are discharged: take the narcotic as needed (you may also take over the counter anti-inflammatory like Naprosyn, Ibuprofen, Advil etc 2 hours after the pain pills)
- Use ice as needed, applied 20 minutes every hour
- Begin **physiotherapy** as soon as you can (I have given you a prescription)

If you have any questions, concerns, or problems (ie suddenly increased pain, fever, chills, night sweats, foul smelling discharge from your surgical site) please call my office at 905 526-8430 or **after hours** call the hospital switchboard at 905 527 4322, ext. **46311** and page the orthopedic resident on-call. Failing this you may contact your family doctor or as a last resort for urgent problems, you can go to the nearest Emergency Department.

Frequently Asked Questions

When can I bathe?

- You may shower in hospital 2 days after surgery, keeping the incision dry. You may shower 2 days

or soak in the tub 5 days after after your staples come out (**IF** the incision remains dry and clean)

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What do I do for prescription repeats?

- Call my office if needed — I will usually repeat prescriptions if needed when I see you in the Fracture Clinic. Generally I will only write prescriptions for the first 6 weeks — after that I would like you to get prescriptions from your family doctor.
- Please anticipate when the medication will run out, as I am not in the office every day. I can usually accommodate you promptly if I get 48 hours notice.

What about dental work?

- Avoid all dental work (including cleanings) for 1 year after surgery
- If you are unable to avoid dental work (emergency procedure etc), I encourage you to inform your dentist that you have a joint replacement the dentist, they may elect to provide a prophylactic antibiotic for you.
- If your joint replacement has previously been complicated by an infection or revision surgery, I recommend antibiotics for life prior to dental work.

When can I drive?

- 6 weeks after surgery

How often do I need follow up?

- standard follow up for joint replacements is 6 weeks, 2 years, 5 years, 8 years and so on, for life.