

# PATIENT DISCHARGE INSTRUCTIONS

**I know:**

- ☐ how to safely get in and out of bed or a chair
- ☐ how often and when to do exercises
- ☐ how to safely walk up and down stairs
- ☐ how to apply ice properly to my incision
- ☐ which medications I should and should not take after discharge

**Weight Bearing Precautions: Weight-bearing as tolerated****PLEASE REVIEW THE FOLLOWING WOUND CARE INSTRUCTIONS PRIOR TO CONTACTING THE SIERRA VIEW HIP AND KNEE CENTER:****WOUND CARE DISCHARGE INSTRUCTIONS  
HIP ARTHROPLASTY****CARING FOR YOUR HIP INCISION:**

- Check your wound (or the area around the dressing if covered) daily for signs of infection. If needed, contact your doctor as noted below.

**DRESSING AND WOUND CARE:**

- Do not remove your discharge dressing until 5 days from the date of surgery. Your dressing is completely sealed and you can shower as normal with the dressing on.
- It is normal to see some (slight) drainage at the top of the dressing the first few days after surgery.
- If the dressing appears completely wet from drainage or if there is an increasing amount of drainage from the wound over time, contact your surgeon's office for instructions.
- If your incision gets wet, be sure to PAT DRY, or use a blow dryer on the COOL setting to air dry. **DO NOT RUB YOUR INCISION!**
- If you have any concerns about the dressing not covering the wound, then try sponge or towel bathing instead.
- No submersion or swimming until 4 weeks after surgery.

**AFTER 5 DAYS, REMOVE THE DRESSING AND EXAMINE WOUND/INCISION:**

Follow **one of the three** below instructions based on your wound closure (varies between surgeon/type of procedure) - the hospital staff will mark one of the following:

**1. Steri-Strips ONLY or 2. Staples/Sutures ONLY or 3. Steri-Strips over Sutures**

**\_\_\_\_ 1. IF YOU HAVE DISSOLVABLE SUTURES WITH GLUE:**

- Remove the outer dressing (white fluffy material) until you get to mesh layer as seen in the picture, 24 hours after your surgery. This is a waterproof layer sealed with glue and internal stitches. You may shower with this on. On Day 14 after your surgery, remove the clear mesh dressing and keep open to air.

