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Postoperative Instructions

Total Hip Arthroplasty

Activity

You may bear weight as tolerated on your operative extremity. Rest and recover today and resume regular activity tomorrow as tolerated. You have no restrictions, but should avoid deep squatting or strenuous activity.

Wound Care

You have a thin glue dressing called a Prineo® bandage. It is sterile and waterproof, so it is OK to leave it open to the air and to shower right away after surgery. Be sure to gently dry the incision after showering. No soaking, baths, or submerging underwater. Do not put creams, lotions, or ointments on the incisions.

Wound Redness/Drainage

You may notice redness, light bleeding, or yellow drainage at your incision; this can be normal after surgery. Apply gauze to the incision as needed. Contact our office with any abnormal or foul-smelling drainage from the incision, or bright red skin color changes streaking from the incision.

Icing

Apply ice to the surgical site for pain and swelling throughout the day as needed. Do not apply ice directly onto your bare skin. Keep the ice on for 30 minutes at a time with 30 minutes of rest in between.

Swelling/Bruising

Swelling and bruising of the operative extremity is normal after surgery and can increase with physical activity. To help decrease this, keep the leg elevated at or above the level of the heart throughout the day when not active, use ice as stated above, and perform "foot pump" exercises.

Driving

You may drive if you can safely get into and out of your car with good motor control, and if you have not taken narcotic pain medicine within 8 hours of driving.

Fever

A low-grade fever is common after surgery. Contact our office with any temperatures over 101 degrees Fahrenheit.

Please contact our office with any other questions or concerns at 815.398.9491