

## Total Hip Arthroplasty

### After surgery:

- **You will be discharged home.**
  - This is dependent on your progress with PT in the hospital. There is a possibility you may stay overnight if there are concerns regarding your mobility.
- **Therapy will start within 1-2 days after surgery.**
  - You will be up walking and learning to transition from the bed to chair and toileting at this time.
- **You will be started on a blood thinner for DVT prophylaxis**
  - You will continue this after discharge from the hospital for a **total of 4 weeks**
  - This is usually aspirin 81 mg (“baby aspirin”) taken 1 tab every 12 hours. Some patients require different medications and this will be discussed prior to surgery.

### Physical Therapy

- ***This is an imperative part of your post-operation progress. Without your cooperation in therapy, you will not receive optimal results from your joint replacement. Therapy is an integral part to what we do as surgeons and you will not have a successful outcome unless you are 100% invested in your post-operative rehabilitation.***
- OUTPATIENT Physical Therapy
  - This begins at 1-2 days post-operatively after discharge from hospital depending on your progress post-surgery and is recommended for most patients.
  - This is subject to change given extenuating circumstances and physician’s orders.
  - We recommend 2-3 visits/ week with the therapist, as well as daily exercises on your own at home using your provided home exercise program given to you during your therapy evaluation.
  - If no one has contacted you before the date of your surgery, please contact our office.
  - If there are issues with transportation to therapy, home health may be an option for the first two weeks after surgery.
- Average total formal therapy time = 2-3 months
  - After completion of a formal therapy program, your therapist will transition you to a home exercise therapy program to do independently.
  - Most people experience much better results from their operation if they continue their home program 4-5 days/week for up to 1 year after surgery.

### ROM Restrictions

- It is important for the first 6 weeks you DO NOT extend the leg backwards past the plane of your body.
- Also in the first 6 weeks, please DO NOT flex your hip past 90°. This will avoid possible dislocation.
- You should also limit external rotation of the hip for the first 6 weeks.

### Swelling

- Swelling in the lower extremity after surgery is normal
- If you are concerned about the amount of swelling or your leg begins to become red and warm to the touch and/or you are having calf pain, please contact our office.
- TED Hose Stockings need to be worn constantly for the first two weeks post-operatively until further evaluation at the two week post-operative appointment.

### Numbness

- Numbness along the anterior thigh after surgery is normal. This can take months to resolve

- It is due to a combination of the swelling around your incision as well as nerve irritation that occurs during your operation
- The majority of patients will achieve complete resolution of these symptoms

#### Driving

- After surgery you will be on narcotic pain medicine as needed to control your pain.
- While on this medicine, it is **NOT** recommended that you drive.
- It will be 4-6 weeks on average before you can drive.

#### Work

- Most people who have sedentary jobs or who are able to work from home return to work 2-4 weeks after surgery, depending on their pain and post-operative progress.
- If you have a higher physically demanding job, that requires you to be on your feet for extended periods of time or requires heavy lifting, then it will be 2-3 months before a full return to work is possible.
- There will be a \$25.00 fee charged to your account for the provider to fill out any disability paperwork that you may require for time off as it pertains to your surgery and rehabilitation. This fee is due at the time the paperwork is given to the office to complete. Paperwork will not be completed without payment. Once the paperwork is received and payment has been made, the paperwork will be filled out within 7 to 10 business days.

#### RED FLAGS

- **Please contact our office if:**
  - **You have a temperature greater than 101.5° F**
  - **You have uncontrolled nausea or vomiting**
  - **After 48 hours from surgery you are unable to move part of your extremity**
  - **Unusual shortness of breath or chest pain**