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## TOTAL HIP ARTHROPLASTY DR. ORYHON

**PROCEDURE:** Total Hip Arthroplasty (THA) ☐ Right ☐ Left ☐ Bilateral

### GENERAL INSTRUCTIONS:

Use pain medication and/or ice packs when your hip hurts. It is advised (but not necessary) to take pain medication before you do your exercises and apply ice packs to your operative hip after exercises. Antithrombotic stockings (TED hose or compression stockings) are suggested for 4 weeks.

### HIP PRECAUTIONS:

Activity is restricted for 6 weeks to allow soft tissues to heal.

Do **not** use heat or heat creams on your operative hip.

Do **not** immerse the operative hip under water (no baths/pools x6 weeks).

Do **not** drive until cleared to do so by Dr. Oryhon (typically 3-6 weeks).

### PHYSICAL THERAPY/REHAB:

Weight Bearing as Tolerated (WBAT) unless otherwise instructed – use walker/cane as needed and as instructed. Your inpatient rehab therapists or home therapists will work on a THA protocol, exercises include: ankle pumps, gluteal sets, heel slide hip flexion, hip abduction, and short arc quad sets.

*Note: It is important to actively participate in your hip rehab and work diligently on the prescribed exercises. You should continue the hip exercises on your own even after formal therapy has ended – this should be done for at least 6 months to a year after surgery to promote full muscle recovery, eliminate limp and minimize the chance of injury.*

### WOUND CARE:

Unless otherwise informed, your incision is closed with absorbable suture – no suture or staple removal is necessary. Skin Glue (Dermabond) covers your incision and protects it while the skin heals – this will fall off with time.

Do **not** use ointments or creams on your operative hip.

Dry dressing change to incision if there is drainage (usually not needed past one week from surgery).

Shower is allowed (without covering wound) once wound is completely dry (no drainage on dressing).

### MEDICATIONS AND PRESCRIPTIONS:

Tylenol 1000mg every 8 hours for two weeks.

Additional pain medicine as prescribed. See “Medication and Education” section of your surgical packet.

Aspirin 325mg twice per day to thin the blood and prevent blood clots in **most** cases for 30 days.

Coumadin (Warfarin) is **sometimes** needed to thin the blood – the dose will be adjusted based on your blood tests.

An alternative oral medication (e.g. Xarelto, Eliquis) is sometimes used instead of Coumadin – no blood monitoring.

Colace as needed for constipation while on pain medicine.

Ferrous Sulfate 325mg each day (iron supplement to combat anemia) for 30 days.

**Also refer to the discharge medication reconciliation regarding your other medicines.**

### CLINIC FOLLOW-UP:

Dr. Oryhon will see you for follow-up 5-6 weeks after surgery.

If you or your therapist have any concerns before the follow-up please call the office (847) 381-0388.

Refer to our website [www.lakecookortho.com](http://www.lakecookortho.com) for full THA rehab protocol and other information.