

ST. CLAIR ORTHOPAEDICS AND SPORTS MEDICINE, P.C.

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Anterior Total Hip Replacement Discharge Instructions

Please call St. Clair Orthopaedics during normal business hours for questions about your recent surgery. During off hours, call the office to page the on-call doctor with emergent questions: 586-773-1300.

Diet:

- Resume pre-operative diet.
 - High protein diet helps healing
 - Iron supplements will help anemia, which is common after surgery
- Drink plenty of fluids.

Activity:

- Activity as tolerated. Be safe, do not fall.
- This was an anterior hip replacement. There are no hip precautions following this surgery.
- You should take frequent, short walks.

Medications:

- Start taking: Aspirin 325mg or Apixaban (Eliquis 2.5 mg) two times per day for 30 days. While on Eliquis, do not take any NSAIDS (Motrin, Aleve, Advil, Naproxen).
- Take your pain medications on an as needed basis.
- It is normal to have pain after your hip replacement. Pain medications will not fully relieve all pain. They are meant to decrease the amount of discomfort, but not take it all away.
- If you are still in pain, you can take an over the counter strength Acetaminophen (Tylenol) to help with your pain. Do not take more than 3,000 mg of acetaminophen in 24 hours. Your prescription pain medication may have acetaminophen in it, so make sure you take that into consideration when totaling up your acetaminophen intake.
- When you need a refill of your pain medication, call the refill line and leave a message.

General instructions:

- Keep dressing clean, dry, and intact until your first post op visit in the office.
- It is okay to shower with the clear dressing in place after surgery.
- Do not submerge the dressing in water, no baths.
- Notify the office immediately if the dressing gets saturated or if you see bright red blood.
- When icing, do not apply ice directly on the skin. Place a thin sheet or pillow case between your skin and the ice.
- Elevate your leg after your surgery.

Notify the office immediately if you notice any of the following:

- Temperature over 101.0 degrees Fahrenheit by mouth.
- Incision opens up or bleeds.
- Severe pain, not controlled with the medications you were given.
- Inability to stand or put weight on your surgical leg.