



# AMERICAN HIP INSTITUTE & ORTHOPEDIC SPECIALISTS

## TOTAL HIP REPLACEMENTS

### *Home Discharge Instructions for patients:*

- Take 10 deep breaths each hour.
- Get up and walk every hour, walk as much as possible/comfortable.
- Use walker or crutches only as needed. You may progress to full weight-bearing as quickly as possible, unless instructed otherwise.
- You may begin showering 3 days after surgery. Remove the external hip bandage before showering, then shower like normal and pat the wound dry when finished. You may place a fresh bandage over the incision or leave the incision open to air. Allow the clear dressing or steri-strips fall off on their own.
- Do not take a bath, swim, or submerge the incision until instructed.
- Ice and elevate the operative extremity as much as possible throughout the day. You may place ice on the hip and thigh in 20 minute intervals.
- In most cases, a home health nurse will visit you in your home. Please share the instructions below with your nurse.
- A home physical therapist will also visit you in your home for the first 1-2 weeks after surgery. As soon as you feel comfortable/possible, you may transition to an outpatient physical therapy.

### *Instructions for Home Health Nurse:*

- See patients as ordered by the American Hip Institute Physician for the first week PO. Check vital signs and incision at each visit.
- Remind patient to use anti-embolism stockings for 4 weeks. These can be removed daily for showering and to inspect skin.
- Instruct patient on incision care and pain management.
- **Posterior THAs only:** Instruct on posterior hip precautions.
- Patient may shower as noted above 3 days after surgery. Remove silver dressing prior to shower. A new dressing may be replaced after showering or the wound may be left open to air.
- Please allow Prenio dressing or steri-strips fall off on their own.

THERE MAY BE EXCEPTIONS TO ESTABLISHED PROTOCOL. CHECK WITH PATIENT  
DISCHARGE ORDERS AND CALL **(833) USA-HIPS (833-872-4477)**  
IF CLARIFICATION IS NEEDED.

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