



EVANGELISTA ORTHOPEDIC CLINIC

Gregory T. Evangelista, M.D.

Perry J. Evangelista, M.D.

3271 N. Civic Center Plaza, Suite 110

Scottsdale, AZ 85251

Phone: (480) 656-0291 Fax: (480) 656-0127

REVISION TOTAL HIP REPLACEMENT POST-OPERATIVE INSTRUCTIONS

- Your first meal after surgery should be light
- An ice bag may be applied to your hip. Swelling is very common after surgery. Please elevate your extremity when swelling does occur. This will continue to be useful over the next few weeks
- Prescriptions for pain medications will be provided at discharge
- Physical therapy is an important aspect of your recovery. This process should begin as soon as possible and continue for a few months. If you are discharged home you should either go to outpatient physical therapy (our preferred option), or participate with home physical therapy by a home health agency
- You may shower 72 hours after surgery. In some cases, you may have a special dressing called a wound vacuum. This will remain in place for about 1 week. Do not use peroxide or alcohol to clean your incision. Once the dressing is removed, you can shower and let soap and water run over the wound. This should be repeated daily until your staples/sutures are removed. Do not submerge your incision under water. Showers are good, but **no** pools, bathtubs, or hottubs for at least 6 weeks after surgery
- Do not apply any creams or ointments to your incision sites. If you were prescribed a pain cream do not apply it to the incision. It should be applied at least one inch away from incision for 6 weeks
- Use a walker for security and support after your total hip replacement. Your weight bearing status will be discussed with you prior to your discharge, as this varies case by case. You will work with your physical therapist on when to discontinue the use of the walker
- If you develop a fever (101.5° or above), severe pain, unexpected redness or swelling in your leg, calf pain, chest pain, or shortness of breath, please notify our office, or go directly to the Emergency Room (ER)
- Let pain and swelling be the guides to your level of activity: if your leg is much more swollen than the day before, you probably did too much, but a blood clot may be present and if you are concerned call our office immediately
- Your first follow up after surgery has already been scheduled. The date and time of your follow up appointment is located on the front of your packet. If the appointment date and time do not work for



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you please call our office at your earliest convenience to reschedule. It should be approximately two weeks after surgery

- If you were started on medication to prevent blood clots, this should be continued for 6 weeks following surgery
- Constipation is very common following surgery and administration of general anesthesia. This is further complicated by the use of narcotic pain medication following surgery. We recommend you start a stool softener following surgery and continue it until you discontinue the use of narcotic pain medication. These are available over the counter and one example is Colace®, a 100mg capsules three times daily. If constipation persists despite the use of stool softener you may add a laxative such as Miralax®. If it has been more than 5 days without a bowel movement please contact your primary care provider.

If you have any questions about these guidelines, your procedure or the rehabilitation process please do not hesitate to call us at 480-656-0291