



EVANGELISTA ORTHOPEDIC CLINIC

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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
- Prescription 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. You may wash your incision gently with a mild anti-bacterial soap and water, pat dry, and apply a clean dressing. Do not use peroxide or alcohol to clean your incision. This should be repeated daily until your staples/sutures are removed. Do not submerge your incision underwater. Showers are good, but no pools, bathtubs, or hot tubs 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. You may weight bear as tolerated on your operative leg unless otherwise instructed. 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 your 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
- 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 you please call our office at your earliest convenience to reschedule. It should be approximately two weeks after surgery



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- 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