



TOTAL HIP REPLACEMENT: ANTERIOR APPROACH

Overview

This is a protocol that provides you with general information and guidelines for the initial stage and progression of rehabilitation according to the listed timeframes. Specific changes may be made by the care team as appropriate given each patient's operative findings.

Questions

If you have any concerns or questions after your surgery, please call us. Contact us via phone: **763.302.2231**. You may need to leave a message and we will get back to you as quickly as we can.

Address

Maple Grove

9825 Hospital Drive, Suite 104

Maple Grove, MN 55369

Plymouth

2855 Campus Drive Suite 660

Plymouth, MN 55441

Robbinsdale

3366 Oakdale Ave. N Suite 103

Robbinsdale, MN 55422



Post Operative Protocol

Phase I: Immediate post op to 2 weeks

Hospital stay

- Average stay in the hospital is 1-3 days after surgery
- Some patients may qualify for *outpatient* hip replacement. These patients are specifically selected based on various risk factors, and Dr. Arthur will make a determination if you are a candidate.

Discharge Options

- Transitional rehabilitation center for 1-2 weeks, then home with outpatient physical therapy
- Home with home care and home physical therapy for about 1-2 weeks, then outpatient physical therapy
- Home with family and outpatient physical therapy



More information

DVT prophylaxis

- DVT risk factors: smoking, obesity, pregnancy, oral contraceptive use, prolonged sitting and surgery
- To reduce this risk we recommend taking 325 mg Aspirin daily, if 18 yrs or older.
- Self care measures include: stop smoking, avoid sitting for long periods, and WALK.
- Signs of a blood clot include: Shortness of breath, chest pain/pressure, leg pain, swelling, warmth and redness

Pain medications

- We do NOT refill medications after 2:00 pm Fridays, or over the weekends. Call in advance.

Driving

- You will be allowed to drive once you are off narcotic medications, and you have enough leg strength. This generally occurs within a month of surgery.

First post op visit (10-14 days)

Your first post-op appointment is 10-14 days from surgery. You will see the PA to and have the sutures removed. We will check your motion, order an X-ray and refill medications as needed.

What to expect after surgery

- Swelling and bruising are common from the hip to foot. Compressive socks, ice, and elevation help reduce swelling.
- Ambulation and stairs will be difficult for the first several weeks. This will become easier as your thigh muscle become stronger.
- Pain medications will likely be needed for the first 4 weeks. Switch to acetaminophen (if not contraindicated) as soon as possible.
- Blood thinner medication (Aspirin) will be prescribed for 4 weeks after surgery. In the hospital, you will receive Lovenox subcutaneous injection to help prevent blood clots.
- Most patients return to work within 4 weeks of surgery.

Phase II: 2 weeks to 4 months

Clinic Appointments

- We will see you back on a monthly basis to check your progress until you have reached a good recovery.

Physical Therapy

- Continue to work on your exercises as long as you need until you achieve a full recovery

Other helpful information

- Patient use a walker or crutches for about 1-3 weeks after surgery. Once enough strength is achieved, you may use a cane or no assistive devices.
- By 4 weeks patients generally walk without assistive devices. Patients generally feel 90% recovered from surgery, and may travel at this time.
- **Dentist appointment** are discouraged after surgery until 3 months following your surgery. Even simple dental cleanings can increase your risk for knee infection. Antibiotics will be prescribed for future dental appointments up to 2 years after your surgery.

Phase II: Continued

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Other helpful information

- **Driving** after surgery is recommend only when you are off narcotic pain medications and you are able to brake abruptly by stomping on the brakes. Your physical therapist can help you determine when you are ready.

Phase III: 4 months and beyond

Clinic Appointments

- We will see you back on at 6 months and 1 year after surgery. After that, we will see you on a yearly basis or as needed. X-rays will be performed yearly or if you return for another reason.

Physical Therapy

- Continue your exercises as you feel are needed. It may take 6-12 months for some patients to feel like they have made a complete recovery. So it is important to continue knee exercises until you are fully recovered.