



Total Hip Replacement – Anterior Approach Post-Op Instructions

Andrew Arthur, MD

763-302-2231 | AndrewArthurMD.com

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, during business hours call 763-302-2231. You may need to leave a message.

After Hours: 763-520-7870

PHASE 1: IMMEDIATE POST-OP TO 2 WEEKS

Diet

- Progress to your normal diet as tolerated.

Hospital Stay

- Most health insurance plans now designate total hip replacement as an out-patient surgery. Unless you have significant medical co-morbidities, your health insurance may not cover a prolonged hospital stay.
- This means that you will stay in the hospital overnight and be discharged home the next day.
- You should plan on having help at home from family or friends for the first couple weeks of your recovery.

First Post-Op Visit (10-14 Days)

Your first post-op appointment is 10-14 days from surgery. 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 becomes stronger.
- Pain medications will likely be needed for the first 2-4 weeks. Switch to acetaminophen (if not contraindicated) as soon as possible.

- Blood thinner medication (Aspirin) will be prescribed for 4 weeks after surgery.
- Most patients return to work within 4 weeks of surgery.

PHASE 2: 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

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

BLOOD CLOT (DVT) PROPHYLAXIS

- DVT risk factors: smoking, obesity, pregnancy, oral contraceptive use, prolonged sitting, and surgery.
- To reduce this risk, we recommend taking 81 mg Aspirin twice 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.

PHASE 3: 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.

ICE MACHINE



NICE1 COLD + COMPRESSION THERAPY



BREG® POLAR CARE WAVE



BREG® POLAR CARE CUBE™

Patients are not required to purchase any of these devices. They are only offered as a supplemental modality to help with pain control. Patients may use ice packs from home or any other cold therapy device.

Benefits

- Portable ice machines
- Reduces pain and swelling
- Gives constant cold therapy

Price

- Call for pricing

Contact

- Neu Medical – Nate Hammond PTA, CSCS
- NHammond@NeuMedicalDME.com
- 952.484.4527

NARCOTIC DISPOSAL

Why You Should Dispose of Your Medications

- Children accidentally ingesting harmful medications.
- Use of medications for other reasons instead of their intended purpose.
- Use of expired medications which can cause illness or other harm.
- 33% of Americans report they have not cleaned out their medicine cabinets in more than a year.

Flush?

Proper disposal is important. Medicines flushed down the toilet contaminate water, harm wildlife and pollute drinking water. According to the Minnesota Pollution Control Agency, U.S. Food and Drug Administration and Drug Enforcement Administration, flushing medications down the toilet is not the best way to get rid of unused medications.

How You Should Dispose

1. Bring your medications to a local drug take-back location. (see list below).
2. The DEA has two National Drug Take Back Days every year across the U.S.
 - a. Go to the DEA, Diversion Control Division website for more information:
https://www.deaddiversion.usdoj.gov/drug_disposal/takeback/
3. Some drug take-back programs offer mail-back programs.
4. You should only flush medications if it's indicated by the medication instructions.
5. If you are unable to bring your medications to a drug take-back location, you can throw away medications by:
 - a. Mixing them with sawdust, kitty litter or coffee grounds.
 - b. Sealing the contents in a plastic bag.

LOCATIONS TO DISPOSE**Brooklyn Center**

Hennepin County District Court Brookdale
6125 Shingle Creek Pkwy, Brooklyn Center, MN
Hours:

- Mon-Thurs 9 AM - 9 PM
- Fri & Sat 9 AM - 5 PM
- Sun Noon - 5 PM

Brooklyn Park

Hennepin County Sheriff's Patrol Headquarters
9401 83rd Ave. N., Brooklyn Park, MN
Hours: Mon-Fri 8 AM - 4:30 PM

Edina

Hennepin County Library – Southdale
7001 York Ave. S., Edina, MN
Hours:

- Mon-Thurs 9 AM - 9 PM
- Fri & Sat 9 AM - 5 PM
- Sun Noon - 5 PM

Golden Valley

Golden Valley Police Department
7800 Golden Valley Rd, Golden Valley, MN
Hours: 24 hrs a day, 7 days a week

Maple Grove

Maple Grove Police Department
12800 Arbor Lakes Pkwy N, Maple Grove, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis

Hennepin County Public Safety Facility
401 4th Ave. S., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis Police Department

1st precinct
19 N 4th St., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis Police Department

4th precinct
1925 Plymouth Ave. N., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minnetonka

Hennepin County District Court Ridgedale
12601 Ridgedale Drive, Minnetonka, MN
Hours:

- Mon-Thurs 9 AM - 9 PM
- Fri & Sat 9 AM - 5 PM

Osseo

Osseo Police Department
415 Central Ave., Osseo, MN
Hours:

- Mon-Thurs 7:30 AM - 5 PM
- Fri 7:30 AM - 11:30 AM

Spring Park

Hennepin County Sheriff's Water Patrol
4141 Shoreline Drive, Spring Park, MN
Hours: Mon-Fri 8 AM - 4:30 PM

For more information visit hennepin.us/medicine
or call 612-348-3777.