



# DISCHARGE INSTRUCTION POST HIP ARTHROPLASTY

**Aster**  
**HOSPITAL**

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Digital Version



Hip Replacement is a surgery to replace all or part of your Hip joint it is also called Hip Arthroplasty.

#### Call the Hospital if you experience the following

- Blood is soaking through your dressing and the bleeding does not stop when you put pressure on the area
- Pain that does not go away after you take your pain medicine
- Your leg feels warm, tender, and painful. It may look swollen and red.
- You cannot walk or move your leg.
- Your foot or toes look darker than normal or are cool to touch
- Yellowish or Bloody discharge from your incision
- A temperature higher than 100.4 °F (38 °C)

- Swelling / Redness around your incision.

#### GENERAL INSTRUCTIONS

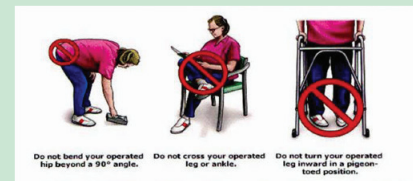
- You may need help taking care of yourself when you first go home. Plan for a spouse, friend, or neighbor to help you.
- Wear the Compressive Stockings you were given in the hospital: These can prevent blood from pooling in your leg, thus preventing Blood clot forming.
- Use Ice packs as indicated.
- At your first post-operative appointment after discharge the findings at surgery, long-term prognosis, and plans for rehabilitation will be discussed.

#### ACTIVITY

- Unless you have been otherwise instructed. You will be allowed to

bear as much weight on your leg as is comfortable immediately after surgery. Your physical therapist will give you an exercise program to help you build strength in your knee and avoid injury.

- Use your crutches as instructed. Take short walks often. Wear shoes that fit well and have nonskid soles.
- Do not cross your legs at the knees
- Do not twist your body at the waist
- Do not turn your foot (on the operated side) inward
- Do not flex your hip greater than 90°
- Do not bend at the waist



- Minimize lifting to no more than 9 kgs in the first 3 months.

- Keep pillows between your legs when sleeping
- Sit for only 30-40 minutes at a time
- Sit in a relatively high firm chair. Do not sit on low chairs or couches with soft cushioning.

- Do not sleep on your operative side until 2 weeks after surgery. No matter what side you are sleeping on, keep a pillow between your legs.



#### PREVENT FALLS

- Remove all loose carpets and cords. These can cause you to trip and fall.
- Use a shower bench or chair when you take a shower to limit the time you are standing.
- Use a toilet seat riser with arms if your toilet seat is low. A toilet seat riser will help prevent bending or twisting your knee.
- Know your limits. Start activities slowly and give yourself rest periods. Pain and swelling can increase when you do too much. Do not do an activity until your healthcare provider says you are ready.

#### WOUND CARE

- You will go home with a dressing, keep the dressing clean and dry DO NOT remove them until your doctor says it is ok
- Check the skin surrounding your incision daily for redness, swelling, tenderness or drainage.
- Avoid infection by washing your hands often.
- Avoid soaking your incision in water (no hot tubs, bathtubs, or swimming pools) until your doctor says it's okay.

#### PAIN

- Pain medication often causes drowsiness and we advise that you do not drive, operate machinery or make important decisions while taking medication.
- Take your pain medicine when you start having pain to the pain doesn't get too bad.



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

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