

SPECIAL TOTAL HIP INSTRUCTIONS

1. Avoid extremes of motion.
2. Avoid planting your operative foot and rotating (turning) at the hip.
3. Avoid low seats, recliners, and bleachers for the first 6-8 weeks
4. You may walk as tolerated and are encouraged to work daily on progressing your activities, with a walker initially.
5. You may transition to a cane for walking 5-7 days from surgery once you feel safe. You may use a walker for longer periods if you feel unstable.
6. If there is wound drainage, hold physical therapy, avoid vigorous activities, and contact our office **(804) 288-1802 ext. 11073**.

If you have questions or concerns, please call Dr. Robertson's staff

Phone **(804) 288-1802 ext. 11073** Fax **(804) 968-1816**