



Post-Operative Instructions

Hip Repair Surgery

- Be sure to lay down with your feet elevated up above the level of your heart for up to 2–3 hours in the morning and 2–3 hours in the afternoon.
- Ice your operative site for 72 hours after surgery. You can leave ice on the site for 30-45 minutes at a time if it is not uncomfortably cold. Ice the site 3 to 4 times each day.
- Once told to do so, you may get you incision wet but do not soak or scrub it or allow the water to beat directly on it.
- Walk a little bit more each day as your pain and endurance allow.
- Your weight bearing status is: _____.
Use your walker or crutches as needed.
- Use the prescribed anti-coagulant to reduce your risk for developing a blood clot.
- Follow up with me in 2 weeks. If you do not already have one, call my office to schedule your follow-up. (804) 288-3136, ext. 11050.
- You may not drive until follow-up.
- Call with questions. (804) 288-3136, Extension 11050.



**Stronger
starts
here.**

Harry J Shaia, MD

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