



Total Hip Replacement – Post-op Visit 1 Instructions

- Continue to use the prescribed anti-coagulant to reduce your risk for developing a blood clot.
- You may get your incision wet but do not soak it or scrub it or let the water beat directly on it. One month after your surgery, you can have the incision under water and use scar creams and lotions on the incision.
- You may go out in the car as you are comfortable. You may not drive while you are still taking narcotics. Before driving, you must be confident that you can operate your vehicle.
- Continue to increase the amount of walking you do. You should be working toward getting out of the house for a 20 to 30 minute walk each day.
- You can sleep on your back or stomach. You can sleep on either side. Use a pillow between your knees if you sleep on your non-operative hip.
- Continue to use the raise toilet seat for another two months.
- You can sit in any chair in which you are comfortable. Do not sit on footstools or steps. Recliners, sofas and rockers are fine.
- You can work on bending over to put on your socks and shoes. Remember to always keep both arms between your legs. This method will help to keep your knees apart and prevent your hip from dislocating. It may take a while to stretch out so that you can get all the way down to your feet. Be patient.
- You can walk with one crutch or a cane on the opposite side of your new knee. When you feel comfortable, you can begin to go without the cane or crutch. If you find yourself limping, please go back to using the cane or crutch.
- Remember that you will need antibiotics for dental work. Do not schedule routine dental work for at least two months after your surgery.
- Please make an appointment to see me in three weeks.
- Call with questions. (804) 288-3136, Extension 11050.



**Stronger
starts
here.**

Harry J Shaia, MD

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Total Joint Replacement
Sports Medicine
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