

Post-Operative Instructions – Hip

Activity

- Please restrict your activity for 4 weeks after surgery to household and minimal community ambulation. Too much activity will increase the risk of complications!
- You are allowed to drive 2-4 weeks after surgery if you feel safe and are no longer taking narcotic pain medications.
- Continue to elevate the leg several times daily to alleviate swelling.
- Maintain hip precautions. No bending, twisting or crossing legs.
- You may sleep in any position you feel comfortable in. Remember to keep your legs apart by placing a pillow between them.

Medications

- Continue taking Aspirin 325mg two times daily for 4 weeks after surgery, unless otherwise instructed.
- It's OK to restart any medications that were stopped prior to surgery.

Wound Care

- It is OK to shower the day after staples are removed.
- No dressing needed over the incision.
- Do not apply lotions over the incision for an additional 2 weeks.

Compression Stockings

- Continue to wear the stocking to alleviate swelling during the day. You may gradually decrease the length of time you are wearing them. These may be hand-washed and air dried as needed.

Therapy

- No further therapy will be ordered until the 6 week post-operative interval, if needed.

Follow-Up

2 weeks

4 weeks

Other _____