

Patient Health Guide: Total Hip Replacement (THR)

How can YOU stay healthy and out of the hospital after surgery?

Follow your doctor's instructions for each of the following after surgery:

- **Bandage/Dressing Changes:** Your incision will be covered with a dry bandage/dressing. Change it as instructed. If your bandage becomes soaked with blood or shows fluid drainage to the outside of the bandage, reinforce the bandage with additional bandage/dressing pads, secure with tape, and apply gentle pressure to the area.
- **Wearing compression stockings** reduces the risk of blood clots after surgery.
- **Driving:** Do NOT drive until your doctor says it is okay to drive again.
- **Eating a healthy diet** with fruits, vegetables, grains, and meat/protein supports healing. Drinking plenty of water or fluids also supports healing.
- **Lying down:** Place a pillow between your legs when you turn on your side.

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.

DO NOT do the following:

- Do not stoop over or bend down to pick up things off of the floor.
- Do not reach down to put socks on your feet.
- Do not sit on low chairs or stools, low toilet seats, or soft chairs.
- Do not reach down toward your feet to pull up bed covers.

Your doctor will tell you when it is okay to perform the following activities:

- Carrying children
- Climbing stairs
- Driving
- Exercising
- Lifting
- Standing or placing body weight on your surgery foot/leg
- Walking without a walker or cane

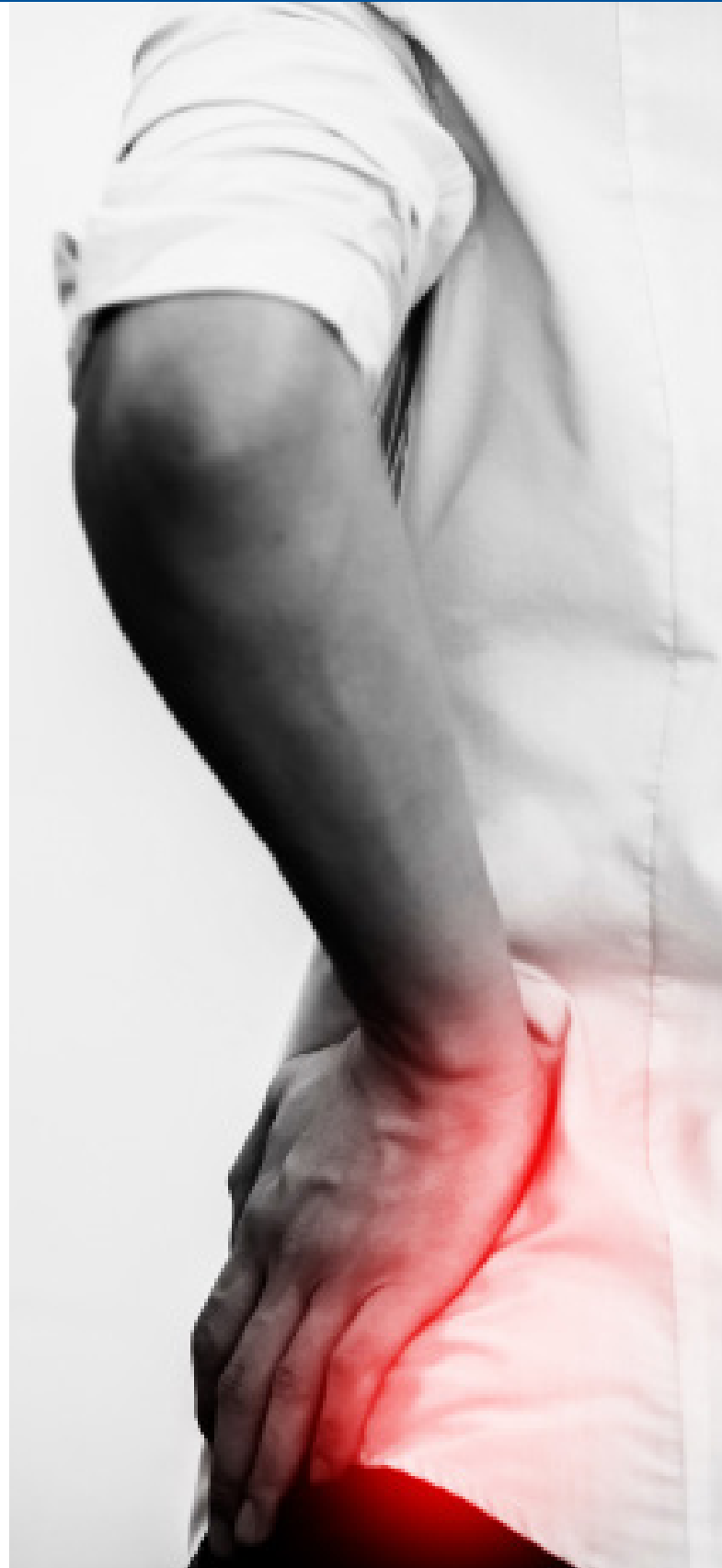
- **Rehabilitation/Physical Therapy:** Your doctor will order therapy that is very important for getting the best results from your surgery and to teach you how to safely resume activity again. Therapy may be delivered either through Home Health or Outpatient Rehab.
- **Showering/Bathing:** Avoid getting your incision wet until it heals. Cover the bandage/dressing as instructed.
- **Sitting:** Sit in chairs with arm rests. Keep your knees lower than your hips when sitting. It is okay to place a pillow in the chair to raise the seat up.
- **Walking:** Use a walker or cane as instructed. Wear well-fitted shoes with non-skid bottoms, and take extra caution when walking on uneven ground or wet surfaces. Avoid falling by having someone clear pathways in your home (remove throw rugs, lamp cords, and clutter so you will not trip).
- You should not cross your legs or ankles or twist your affected leg after certain surgical procedures. Ask your surgeon if this precaution applies to you.

Take your medicines as instructed by your doctor.

This is very important. Tell your doctor or pharmacist if:

- You cannot pay for your medicine;
- You have trouble taking your medicine;
- Your medicine makes you feel worse; or if
- You are worried about the possible side effects of your medicine.

Keep your follow-up appointments with your doctor and therapists even if you are feeling better.



Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.

Your Symptoms

Understand **how** you are feeling after **total hip replacement surgery** and **what to do based on the Green, Yellow, and Red Zones below.**

| | |
|---|---|
| Green Zone Symptoms: | “All Clear” Green Zone Means: |
| <ul style="list-style-type: none"> <input type="checkbox"/> No pain that is different for you since surgery <input type="checkbox"/> Drainage from the incision is decreasing <input type="checkbox"/> Sleeping well or normal at night <input type="checkbox"/> Appetite is good/normal | <ul style="list-style-type: none"> • Your pain is under control • Your incision is healing • Continue taking your medicines • You need to keep moving and walking as instructed • Keep all appointments with your doctor even if you are feeling better |
| Yellow Zone Symptoms: | “Caution” Yellow Zone Means: |
| <ul style="list-style-type: none"> <input type="checkbox"/> Sudden sharp pain that doesn't go away <input type="checkbox"/> The pain medicine is not helping <input type="checkbox"/> Swelling, redness or drainage from the incision <input type="checkbox"/> Change in color or odor of drainage <input type="checkbox"/> Fever above 101° or uncontrollable shaking/chills <input type="checkbox"/> Bleeding in urine or stool or severe nose bleeds <input type="checkbox"/> Cannot move your hip as much as you could before <input type="checkbox"/> You fell or hurt your leg on the surgery side <input type="checkbox"/> Anything else that bothers you related to your hip surgery | <ul style="list-style-type: none"> • Call your doctor to be seen as soon as possible • Your medicines may need to be changed |
| Red Zone Symptoms: | “Medical Alert” Red Zone Means: |
| <ul style="list-style-type: none"> <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Chest pain <input type="checkbox"/> Increased swelling, pain, or tenderness of your thigh, calf, ankle or foot (on <u>either</u> your left or right side) <input type="checkbox"/> Uncontrolled bleeding that continues after you have applied additional bandage/dressing pads and/or applied gentle pressure to the area | <ul style="list-style-type: none"> • You need immediate or urgent evaluation • Call 911 or have someone drive you to the Emergency Room |

NOTES

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.



Common Medicines Used for Total Hip Replacement (THR)

| Medicine Type and Reason for Use | Examples | Possible Side Effects |
|---|--|---|
| <p>Blood Thinner</p> <p>Prevents a blood clot from forming after surgery</p> <p>Take this medicine at the same time each day</p> | <p>Most likely, you will be prescribed ONE of the following blood thinners for a certain period of time after you are discharged from the hospital:</p> <p><input type="checkbox"/> Enoxaparin (Lovenox[®]) injection</p> <p><input type="checkbox"/> Fondaparinux (Arixtra[®]) injection</p> <p><input type="checkbox"/> Rivaroxaban (Xarelto[®]) tablet</p> <p><input type="checkbox"/> Warfarin (Coumadin[®]) tablet</p> <p><input type="checkbox"/> Other: _____</p> <p>Your doctor might also prescribe</p> <p><input type="checkbox"/> aspirin (over-the-counter) after you finish the blood thinner medicine above.</p> | <ul style="list-style-type: none"> Increased risk of bleeding Interactions with certain foods (warfarin) Upset stomach |
| <p>Pain Medicines:</p> <p>*Understand the following:</p> <ul style="list-style-type: none"> How often you can take each medicine Which medicines are taken on “schedule” or “as needed” The number of tablets you should not exceed in a 24-hour time period The amount of Acetaminophen (Tylenol[®]) you should not exceed in a 24-hour time period | <p>Narcotic/Opioid Pain Medicines*:</p> <p><input type="checkbox"/> Hydrocodone + Acetaminophen (Lortab[®] or Norco[®])</p> <p><input type="checkbox"/> Morphine</p> <p><input type="checkbox"/> Oxycodone</p> <p><input type="checkbox"/> Oxycodone + Acetaminophen (Percocet[®])</p> <p>Non-Opioid Pain Medicines:</p> <p><input type="checkbox"/> Acetaminophen (Tylenol[®])</p> <p><input type="checkbox"/> Celecoxib (Celebrex[®])</p> <p><input type="checkbox"/> Ibuprofen (Advil[®], Motrin[®])</p> <p><input type="checkbox"/> Other: _____</p> <p>TAKE WITH FOOD, MILK OR A SNACK</p> | <ul style="list-style-type: none"> Confusion Constipation Dizziness or drowsiness Rash or itching Upset stomach (nausea) or vomiting |
| <p>Iron Supplement</p> <p>Take this medicine at the same time each day.</p> | <p><input type="checkbox"/> Ferrous Sulfate (over-the-counter)</p> <p><input type="checkbox"/> Other: _____</p> <p>TAKE WITH FOOD OR A SNACK</p> <p>DO NOT TAKE WITH ANTACIDS</p> | <ul style="list-style-type: none"> Constipation Upset stomach (nausea) |
| <p>Stool softeners or laxatives to help with or prevent constipation (often caused by narcotic/pain medicines)</p> | <p><input type="checkbox"/> Docusate sodium (Colace[®])</p> <p><input type="checkbox"/> Docusate sodium + Senna (Senexon-S or Senna-S)</p> <p><input type="checkbox"/> Other: _____</p> | <ul style="list-style-type: none"> Diarrhea Stomach pain |
| <p>Medicines to help with nausea (upset stomach)</p> | <p><input type="checkbox"/> Ondansetron (Zofran[®]) tablet</p> <p><input type="checkbox"/> Promethazine (Phenergan[®]) tablet</p> <p><input type="checkbox"/> Other: _____</p> | <ul style="list-style-type: none"> Constipation Drowsiness Dry mouth Headache |

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.