

Total Hip Replacement

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Wound Care:

- Your incision has a clear Prineo strip. The Prineo does NOT need to be covered with gauze, dressing, or bandages.
- The Prineo may get wet. When you shower, use soap and water, then pat dry.
- Please avoid submerging the incision. Therefore, no baths, pool, or beach for the first 6 weeks after surgery.
- If you notice that there is draining from the incision site, contact the office and apply gauze and an ace bandage to apply pressure until your next appointment with the doctor.
- Call the office should you develop fever and/or chills.
- **Swelling is to be expected for a minimum of 4 to 6 weeks. This swelling is normal and will travel down to the knee, ankle, and foot.**
- **Bruising will occur approximately around 2 weeks after your surgery and last a minimum of 2 weeks. This too will travel down to the knee, ankle, and foot.**
- **To aid with the swelling, ELEVATE YOUR LEG ABOVE THE LEVEL OF YOUR HEART while lying flat on your back. Place multiple pillows underneath your ankle.**

Precautions:

- After surgery it is important to get up and move every hour. It is suggested that you take short but frequent walks.
- Do not extend your operative leg behind you (no hip extension)
- Avoid pivoting. Take small steps when turning.

Physical Therapy:

- No Passive Range of Motion
- NO squatting and/or lunges
- NO Hip flexor strengthening
- During the first 6 weeks after surgery, it is important to concentrate on working on activities of daily living with your new hip.
- Walking is the best form of exercise while you are healing the first 6 weeks.

Driving:

- It is generally not recommended for patients to drive for at least 2 weeks after joint replacement surgery.
- You must have good control of your legs to allow for easy and quick transfer of your foot between pedals
- Once good control is established, and you are no longer on narcotic pain meds, you are able to drive