

## Post-Operative Instructions for Total Hip Arthroplasty (THA) and Birmingham Hip Resurfacing (BHR)

### Dressing Changes:

- Your incision will be closed with dissolvable sutures.
- You will have two incisions after surgery:
  1. Surgical incision on operative hip
  2. Three poke hole incisions on nonoperative side at lower abdomen for robot placement if you had anterior approach. If you had posterior approach, the three keyhole incisions will be on operative side at lower pelvis for robot placement.
- Surgical Incision:
  - On your surgical incision, you will have a waterproof dressing placed during surgery.
  - The dressing is intended to stay on for 7 days after surgery. If dressing is more than 80% saturated, please call the office for further instructions.
  - On day 7, the home health nurse will remove dressing and place another waterproof dressing that will stay in place for an additional 7 days. This dressing will be removed at your 2 week follow up visit.
  - You will also have either steri strips or a mesh dressing that will eventually fall off on its' own, do not peel these off. If they don't fall off, we will remove them at your 2 week follow up visit.
- Robotic Assistance Incisions:
  - On your three keyhole incisions, you will have gauze and a clear adhesive tape placed during surgery. On day 3, slowly peel dressing off and leave open to air.
- Drain
  - In some cases, a drain will be placed at the time of surgery to help with drainage and swelling. This will be removed the next day by either a nurse at the hospital or home health nurse.

### Hygiene/Incision Care:

- You may begin showering 3 days after surgery, but keep your incisions dry for a total of 14 days.
- Shower your body like normal with soap and water, but do not shower the incision for 14 days. Do not soak, bathe, swim or submerge incision until 6 weeks after surgery and incision appears completely closed. No lotions/creams/ointments to incision during these 6 weeks.



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**Medications:**

- You were given prescriptions at discharge. Please take the entire prescriptions as written. Refer to medication calendar that was provided. Medication regimens are individualized based on patient history.
- Do not take anti-inflammatories such as Advil, Aleve, Meloxicam, Celebrex, Motrin for 6 weeks following surgery to allow bone to grow into implant. Tylenol or extra strength Tylenol is okay to take when weaning from narcotic.
- You may take additional over the counter stool softeners, fiber, or laxative if you still experience constipation with Senokot-S.

**Restrictions for 6 weeks after surgery:**

- Follow AHI booklet for anterior and posterior restrictions.

**Activity:**

- You will be weight bearing as tolerated after surgery, unless instructed otherwise.
- A home physical therapist will visit you 2-3 times total in your home for the first 2 weeks after surgery. As soon as you feel comfortable/possible, you may transition to an outpatient physical therapy.
- Depending on pain level, get up and walk every hour as tolerable. Keep in mind, overdoing activity can result in increased discomfort, swelling and drainage.
- Ice 3-4 times a day minimum for 20 minutes at a time. Do not put ice directly over skin to prevent irritation.
- Elevate leg frequently throughout the day and at night. Lay flat with leg elevated on 1-2 pillows.
- Wear anti-embolism stockings for 4 weeks. They can be removed when showering and should be kept on at all other times.

**When to Contact the Office:**

- You will experience stiffness, slight redness at incision, swelling, decreased sensation/numbness/tingling in hip or thigh area and pain to hip after surgery. These symptoms should all start to improve several days after surgery.
- It may take several weeks for swelling, stiffness, and numbness/tingling to completely subside.
- Please do not hesitate to contact the office if you have concerns and for the following symptoms:
  - Fever above 101 persisting 2 or more days after surgery
  - Significant drainage or drainage that is thick, yellow/green, milky, foul odor
  - Blisters
  - Redness spreading away from incision
  - Calf pain associated with redness, swelling and warm to touch
  - Increased pain uncontrolled by medications
  - Unable to put weight on leg or decrease in range of motion
  - Abdominal bloating associated with nausea/vomiting and constipation
  - Unable to empty bladder

**When to Call 911 or Go to Emergency Room:**

- Chest pain
- Shortness of breath
- Difficulty breathing
- Any other emergency

**Important Post-Surgical Information**

- **DO NOT** schedule any surgical procedures or dental visits, even for cleaning, for 3 months after surgery due to increased risk of infection. Prior to any dental visit or any other surgical procedure, you must take an antibiotic one hour prior to the visit. Please contact our office for prescription.

**If you have any questions, please feel free to reference the AHI booklet, message us through the AHI Patient Portal or call our office at 833-USA-HIPS (833-872-447).**