



**Orthopaedic Associates of Zanesville**  
**Post-Op Instructions for Anterior Total Hip Arthroplasty**  
**Dr. Bonier**

Please note that these instructions are general guidelines to be followed; however, any written or verbal instructions provided by your provider supersede the instructions below and should be followed

#### **WOUND CARE**

- You have a waterproof dressing covering your surgical incision. The waterproof dressing will remain in place for **two weeks**. Please removed dressing after two weeks.
- Once dressing is removed you may shower when desired, but do not submerge in a bath tub

#### **ACTIVITY**

- You may put full body weight on your surgical lower extremity.
- Initially, you will use a walker after surgery and typically advance to use of a cane in the first 1-2 weeks after surgery.
- You may gradually increase your activities and ambulation as tolerated.
- You do not have any hip precautions.
- Physical therapy will be arranged for you to help you work on strengthening and range of motion of your surgical hip
- The best way to control pain is to control swelling. The best way to control swelling is to elevate your surgical lower extremity above the level of your heart as much as possible and apply ice often.

#### **MEDICATIONS**

- Local anesthetics are injected into the wound on the shoulder and joint at the time of surgery. This will wear off within 8-12 hours and it is not uncommon for patients to encounter more pain on the first or second day after surgery when swelling peaks
- You may have the below prescriptions sent into the pharmacy:
  - Oxycodone** is a narcotic pain medication which is sedating and constipating. Use the narcotic pain medication when your pain is most severe. Wean yourself off of the narcotic pain medication as soon as possible.
  - Celecoxib/Celebrex** - Prescription strength anti-inflammatory. You will take this twice daily for 5 days to help with pain and swelling. Do not take if you have any kidney disorders or told not to take NSAIDS.
  - Cefadroxil/Clindamycin/Bactrim**- You will be sent in a prophylactic antibiotic that you will take for 7 days after surgery. Take as prescribed.
  - Duloxetine/Cymbalta**- This medication helps with nerve pain following surgery. You will take this for 2 weeks following surgery. You may not be prescribed this based on your other medications.
  - Ondansetron/Zofran**- This is a nausea medication. Please take as needed for nausea/vomiting.
  - Omeprazole/Prilosec**- This medication is used to help prevent stomach ulcers due to the medications you have been prescribed.
  - Baby Aspirin**- You will take this twice daily for 4 weeks to help prevent blood clots. Do not take if you are already on a blood thinner.
- **Additional medications to pick up over the counter:**
  - Acetaminophen/Tylenol** - Please take 1000mg three times daily for one week. Please do not take if you have liver disease.
  - Docusate, Senna, and Miralax** - Please take a stool softener/laxative while taking narcotic to help prevent constipation. If you have diarrhea or your bowels are moving you can adjust the medications.

#### **BLOOD CLOT PREVENTION**

- The best way to avoid a blood clot is to ambulate regularly.
- You will be provided with compression stockings and intermittent compression devices and they should be worn on

both legs 23 hours per day for the first 2 weeks after surgery.

- Taking a blood thinner will help prevent blood clots as well.

#### **ICE THERAPY**

- Icing is very important in the initial post-operative period and should begin immediately after surgery. Use ice packs (if machine not prescribed) for 45 minutes every 2 hours daily until your first post-operative visit. Care should be taken with icing to avoid frostbite to the skin

#### **EMERGENCIES**

- With any surgery it is important to be aware of any signs of infection, which can include: unusual looking or smelling drainage (green/yellow), increased redness and tenderness around the incision site, or fever (i.e. 101 degrees or above) and chills. Also, be aware of excessive bleeding or continued numbness and tingling. If you experience any of these symptoms, please call our office. There is a doctor on call 24 hours a day.

#### **FOLLOW-UP CARE/QUESTIONS**

- If you do not already have a post-operative appointment scheduled, please contact our office at 740-454-3273 to schedule.
- Typically, the first post-operative appointment following surgery is 3 weeks following surgery. If you have any further questions please contact us during office hours