Surgery Center of Pinehurst

Dr. Casey Total Hip Replacement

Diet: Regular home diet

Activity: Weight Bearing as Tolerated with walker; Posterior Hip Precautions

- Avoid combined movement of bending your hip and turning your foot inwards
- Keep a pillow between your legs while sleeping for 6 weeks
- Never cross your legs and bend your hips past a right angle (90)
- Avoid sitting on low chairs
- Avoid bending down to pick up things, instead a grabber can be used to do so
- Use an elevated toilet seat

As arranged preoperatively(PSC) with equipment to patient;

-Front Wheel Walker; 3in1 Bedside Commode; Hip Kit

Special Instructions/Restrictions: No wound care: Keep dressing intact until follow up appointment(If any leakage from bandage or loosening occurs please call Dr. Casey's office.) You may shower with dressing in place.

Discharge Therapy: HOME MOBILITY PROGRAM(No home health and no outpatient physical therapy)

Medications: Continue preoperative medications per regular regimen unless otherwise noted

Discharge Medications: Prescriptions e-scribed to patient's pharmacy preoperatively

1. Oxycodone 5mg one tablet by mouth every 4-6 hours as needed for pain #42
2. Tylenol 500mg two tablets by mouth every 8 hours #180
3. Aspirin 81mg one tablet by mouth twice daily for 6 weeks #90
4. Colace 100mg one tablet by mouth twice daily(to help prevent constipation)
5. Mirilax 17gm packet 1 capful mixed in 8oz juice/water/coffee daily while on pain medications(to help prevent constipation)

Follow-Up Appointment: As scheduled in 10-14 days

If any of these issues occur or any questions, please contact our office at 910-235-9767

Bleeding: Some bleeding is **NORMAL**. However if the bandage becomes soaked or the bloody area is larger than the size of a hand, please contact the office.

Fever: Temperature of more that 101 degrees.

Pain: That is unrelenting and/or increasing.

Difficulty breathing or calf pain.

Dr. Casey   Office: 910-235-9767