

POSTOPERATIVE INSTRUCTIONS

- **Weight bearing/Limitations**

- You are weight bearing as tolerated after surgery; it is required that you use crutches/walker until you regain control of your extremity.
- **ANTERIOR APPROACH**
 - **DO NOT HYPEREXTEND OR EXTERNALLY ROTATE YOUR LEG**
- **POSTERIOR APPROACH**
 - **DO NOT FLEX PAST 90 DEGREES OR INTERNALLY ROTATE LEG**

- **Movement & Home Exercise Plan (HEP)**

- It is beneficial to change positions often after hip surgery. Alternate sitting, reclining, and lying down approximately every 30 minutes. Feel free to move around at home as much as you can tolerate, as we do not want your hip to get stiff.
- **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.
- The **day after surgery**, we encourage you to provide motion to the hip with the following methods.
 - **Straight leg raises:** 10-20 reps, 3-5 times per day
 - **Ankle pumps:** with leg straight, pump foot up and down. 20-30 reps, three times per day.
 - **Gluteal sets:** tighten buttock muscles for 5-second hold. 20-30 reps, three times per day.

- **Sleep**

- **IF POSTERIOR APPROACH: Use KNEE IMMOBILIZER for first week.**

- **Ice**

- Use bagged ice **as much as possible** when you get home at intervals of 30

minutes on and off. You should use ice for approximately two weeks. Do not use ice while you are sleeping.

- Place the ice onto the hip over a thin layer of clothing or a towel, but never directly on the skin.

- **Wound care, Dressings/Bandages**

- Leave surgical bandage on, you may shower starting post operation day 3
- Its normal to see bloody soaked fluid on the bandages.
- If wounds get wet while showering, this is OK – ensure you change the dressing afterward; however, we prefer for keep the wounds dry during the first 5 days after surgery.
- Do not apply lotions or ointments to the incisions.
- Your stiches are absorbable under the skin – you will not need stiches removed after surgery.
- Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.
- Do not allow pets to sit on your lap or sleep in your bed for at least 4 weeks following surgery. Pets may harbor fleas, mites, or other organisms that may cause infection.