

## **Post-Operative Instructions for Total Hip Replacements Outpatient**

### **1. Post-op:**

- Make sure to schedule an appointment for routine follow up in 2 weeks.
- No hip precautions are required

### **2. Medicine**

- Ecotrin (Aspirin) 81mg – 1 tablet 2x a day for 4 weeks to prevent blood clots
- Doxycycline 100mg – 1 tablet 2x a day for 3 days
- Flomax 0.4mg – 1 tablet 2x a day starting 2 days prior to surgery, continue for 3 days after
- Zofran 4mg – 1 tablet every 6 hours as needed for nausea
- Percocet 5/325mg – Take for moderate to severe break through pain
- Tramadol 50mg – Take for mild break through pain
- Celebrex 100mg – 1 tablet 2x a day for 4 weeks (anti-inflammatory medication)
- Pepcid – 1 tablet 2x a day for 4 weeks
- Multivitamin – 1 tablet daily for 6 weeks
- Take stool softener if you are taking pain medication to prevent constipation
- Hibiclens body wash – use the night prior to surgery and morning of surgery

### **3. Dressing:**

- Keep waterproof dressing in place for 7-10 days

### **4. Showering:**

- You may shower with the waterproof dressing in place the next day after surgery.
- Do not scrub the area. Allow water/soap to run over it and then pat it dry with a separate clean towel.

### **5. Surgical Stockings:**

- Surgical Stocking for 6 weeks. Remove stocking at night and first thing in the morning re-apply stocking. You may remove them to wash your legs.

### **6. Swelling:**

- Swelling can occur for up to 9 months to 1 year.
- Apply ice to operative site 3x a day for 20 minutes to help reduce swelling (during 1<sup>st</sup> month).

### **7. Prophylaxis:**

- Remember to pick up your antibiotic instructions for the office for dental procedures. (For the 1<sup>st</sup> year after surgery)

**Call the office immediately** if the wound site is red with pus, has red streaks, feels hot, you are experiencing fevers, severe pain, increasing pain in calf muscle, shortness of breath or chest pain.

If there are any further questions or problems call Dr. Dundon's office at (908)429-7600, or text us via the mymobility app.