

HIP REPLACEMENT PATIENT HANDOUT

DR. CHRASTIL'S HIP REPLACEMENT PATIENT HANDOUT

Six-Week Follow-Up Appointment

NORMAL RECOVERY AFTER A HIP REPLACEMENT SURGERY

- You will have good days & bad days. Some day-to-day setbacks are NORMAL
- The location of pain may change day-to-day
- Some pain, swelling, & warmth is still expected, although it should be improving
- You will continue to see substantial improvements over the next few months
- Some numbness around the incision is normal but should be improving
- The average recovery times for hip replacement surgery:
 - 75% recovered at 3 months, 90% at 6 months, 100% at 1 to 1½ years
- Sleeping is still tough for everyone. It will improve but takes time. This is NORMAL

SIX-WEEK MEDICATIONS

- **Anti-inflammatories:** Meloxicam or Celebrex. You should now be out of your prescriptions for these. Let us know if you need another or you can transition to over the counter Aleve or Ibuprofen
- **Pain medications:** If you need an additional prescription let us know but you should be transitioning to completely off of these medications
- **Blood Thinners:** No longer needed from a hip replacement standpoint

PHYSICAL THERAPY:

- If you feel like you are having any limitations or a limp please let us know and we would be happy to put in a recommendation for you to see physical therapy

ARE THERE PHYSICAL RESTRICTIONS?

- No formal physical restrictions following your replacement unless specified by your surgeon.
- You may advance activities as you and your new hip tolerates
- We do not recommend impact activities like long distance running, jumping, etc.
- We do encourage low impact exercises, biking, walking, elliptical, hiking, swimming, etc.
- Golf, exercise classes, and moderate yoga is ok whenever you feel comfortable
- Stamina and exercise duration will improve with time

SURGICAL INCISION CARE:

- You may massage the incision. If it is sensitive it is actually GOOD to massage the incision to “desensitize” the newly healed skin
- You may now submerge your incision under water in a bath tub, hot tub, or pool
- You may now use lotions, Vitamin E oils, or other ointments on your incision. Dr Chrastil likes “silicone scar sheets” as they cover the incision to protect it from the back of your pants and underwear strap

SWELLING CONTROL AND DISCOMFORT WHEN LIFTING YOUR LEG:

- Swelling is normal for 3 months out from surgery
- Sometimes this causes irritation to your “hip flexor” muscle. This may even occur months after surgery. You can work on hip flexor stretches and take anti-inflammatories to improve these symptoms

RETURN TO WORK:

- If you need a note to return to work please let us know
- The exact date depends upon job type, physical demands of your job, pain levels, needs and desires to return to work. Your surgeon will support returns when you feel reasonable but may not exceed 3 months



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TRAVEL:

- No formal travel restrictions following surgery but we do recommend you move and walk around during travel to avoid blood clots and stiffening
- You do not need a special card or note from your surgeon for the airport. Simply inform the TSA agent you have a hip replacement and they will screen you appropriately

DENTAL APPOINTMENTS:

- We recommend you avoid routine dental appointments for 12 weeks after surgery
- Antibiotics not needed unless you are immunocompromised or there is a dental infection

YOUR NEXT APPOINTMENT WILL BE IN 3 TO 5 MONTHS:

- We like to see you back sometime between 3 months and 6 months out from surgery
- If you are doing great and do not need this appointment you may cancel but should be seen at 1 year out from hip replacement surgery
- Please go and enjoy your new hip!