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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

Post Op Total Hip Replacement Care

- If you experience nausea or vomiting due to certain anesthetics or pain medications, please contact our office for assistance while at home.
- Upon your hospital discharge, an e-prescription for pain medication will be sent to your designated pharmacy. Use this medication as needed.
- You will take aspirin twice daily for one month following your surgery for DVT prophylaxis, unless you are already on a blood thinner prescribed by your cardiologist, which you will just resume.
- Your surgical incision is covered with Prineo, a specialized wound dressing resembling tape. Keep the Prineo in place until your follow-up appointment; no additional wound care is necessary. It's water-resistant, so you can shower, but avoid submerging it, as in a bath.
- Attending outpatient PT is crucial for the best recovery outcome. Typically, you'll begin therapy within the first 2 weeks post-op, depending on your insurance. Follow the at-home exercises recommended by the physical therapist from the hospital.
- Contact your physician if you experience:
 - A. Temperature over 101.5 degrees or severe chills.
 - B. Severe pain that isn't alleviated by prescribed medications.
 - C. Paleness or coldness of operative extremity as compared to other.
- For symptomatic relief, apply ice to the surgical site for 20 minutes every hour, as needed.
- Expect a call from our staff on Monday to check on your progress and address any questions you may have.
- You will have a **20 lbs weight-bearing restriction (toe touch)** on your operative side for 6 weeks. A walker will be provided if you don't have one.
- Lifelong adherence to total hip precautions is necessary.
- Additional instructions: When taking pain medication, ensure you drink plenty of water and take fiber to prevent constipation.
- Keep your post-operative appointment at Coastal Orthopedics.

Questions/concerns? Call our office staff - (361) 994-1166.