

Frequently Asked Questions
Total Hip Replacement

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When do I see the doctor after surgery?

Between 2-3 weeks after surgery for evaluation of your wound and recovery progression. Call (312) 432-2466 or email morjointdoc@rushortho.com for an appointment.

When can I shower?

48 hours after surgery, if there is no drainage you may shower. After showering thoroughly, dry the wound. Avoid soaking the incision or bathing/swimming for 5-6 weeks from the date of surgery.

When can I drive?

When you are no longer taking pain medicine you may resume driving. Typically patients feel comfortable driving a car between 3 and 6 weeks after surgery.

When do I start physical therapy?

Upon discharge from the hospital, physical therapy will be arranged in your home for 1-2 weeks if unable to start outpatient therapy immediately. You will receive your outpatient physical therapy prescription before surgery and may start as soon as you feel comfortable, but no later than 2 weeks after surgery. You can attend outpatient therapy sessions at any location close to home. You can pre-arrange for this by calling a local therapy facility prior to surgery.

When can I stop wearing the stockings?

You may remove the stockings daily for hygiene purposes as well as at night while you are sleeping. To help with lower extremity swelling you should wear the stockings for 3 weeks.

When can I cross my legs/stop using the raised toilet seat/bend more than 90 degrees at the waist?

You may start to relax your hip precautions 6 weeks after surgery. However, it is in your best interests to remain careful as dislocation of the hip can occur if these precautions are violated haphazardly.

**What exactly are my hip precautions?
(see enclosed sheet)**

There are three main precautions:
(1) Avoid bending your hip more than 90 degrees.
(2) Do not cross your legs.
(3) Avoid excessive rotation of your leg, either in or out.

What blood thinner will I be on and for how long after surgery?

Depending on your medical health you will be on an injectable anticoagulant while in the hospital and then on oral aspirin (325mg-twice a day) upon discharge; or Xarelto. The duration of anticoagulation will be 3 weeks with either regimen.

Do I need to clean the incision?

You may clean over your incision, but avoid placing any creams or topical agents over the wound for the first 3 weeks after surgery. If there is any wound drainage, place a dry dressing over it and notify the office (312) 432-2466/morjointdoc@rushortho.com.

Are there restrictions as to the position I sleep at night?

You may sleep on either side at night as long as there is a pillow between your legs. Avoid sleeping on your stomach for the first 6 weeks after surgery.

Are my legs different lengths?

In the first 6 weeks, the operative leg will seem much longer. This will correct as the pelvis settles and if there is a residual discrepancy, we can assess for a shoe insert after 6 weeks.