

**NOI- NORTSHORE ORTHOPAEDIC INSTITUTE
SPORTS MEDICINE SERVICE**

POST OP HIP INSTRUCTIONS

1. **Pain and swelling:** Expect a considerable amount of pain the first few days post-op. Take your prescribed pain medication for the first 2 days on a regular schedule, try not to hold off taking them because if your pain level becomes too high it may become more difficult to decrease. On day 3 decrease the frequency depending on your pain level. Although you will have pain it should be manageable. There may be a small amount of drainage at the surgery site the first few days, this is NORMAL and caused by the hip being filled with fluid during the surgery. The swelling will reside in 2-3 days.
2. **Wound care and dressing change.** Remove the dressing on post-op day #4. Leave the steri strips in place and the surgical site open to air.
3. **Brace/ Booties:** Wear the brace at all times except when using the CPM, Game Ready, toileting or showering. If you were placed in booties after the surgery, wear them during sleep for 2 weeks.
4. **Showering:** If there is not fresh drainage at your surgical site, you may shower on post op day #4. Keep the area dry by using plastic wrap (press and seal works well). Do not bathe or immerse the area for 6 weeks.
5. **Weight bearing.** You may NOT bear weight until the anesthesia block is completely worn off (usually the day after surgery). When the block has worn off, you may start to bear 20 lbs of flat footed weight on your operative leg for 4 weeks (unless instructed otherwise). You brace must always be on when you are up and about. Use your crutches to assist. Full weight on stairs and in the shower if you feel confident.
6. **Compression stockings:** These socks promote blood flow to your legs after surgery, in turn reducing the risk of blood clots. They will also help in controlling the swelling and fluid in your operative leg. Use these compression stockings on BOTH legs. You may remove them to wash as needed.
7. **CPM (motion) machine:** The purpose of this machine is to initiate range of motion after surgery, preventing scar tissue formation. The machine will be dropped off at your home or brought to the surgery center the day of your procedure. Use the CPM machine 3-4 hrs per day, beginning the evening of surgery. Motion should be 0-90°, use for 3 weeks.
8. **Game Ready (icing):** Icing and elevation are important to help control swelling and pain. You will receive your Game Ready machine from a rep that will bring it to your home. You can use your cooling unit constantly. Do not put the pad directly on the skin.
9. **Physical Therapy:** You will see PT the day after surgery, please bring the paperwork provided with you to your appointment. Stationary bike in therapy, for 10 minutes.
10. **Driving:** OK 1 week after surgery on LEFT side and 2 weeks after surgery on the RIGHT side. You must be off all narcotic medication and feel confident.
11. **Follow up:** Please call the office (312-664-6848) to follow up with Dr. Birmingham in 7-10 days.
12. **What to call for:**
 - a) Elevated temperature of 101.5F
 - b) redness along the incision
 - c) Poor pain control
 - c) calf pain
 - d) any other questions or concerns
 - e) emergency call after hrs Dr. Birmingham

Physician _____

Patient _____

Nurse _____

Date _____

MEDICATIONS FOR HIP: DR. BIRMINGHAM

1. OXYCONTIN (10MG)

- i) Take 1 tablets every 12 hours
- ii) Plan on using it for 2 days

2. NORCO (hydrocodone 10/325)

- i) Take 1-2 Norco every 4-6 hours, depending on the severity of pain
- ii) If pain is very severe- you may take sooner than 4 hours, but only up to 12 in a 24 hour period

3. INDOCIN

- i) Anti-inflammatory. You MUST be on this for 3 weeks (3 times per day), start the night of surgery. This is for pain and to prevent bone formation in the hip muscles.

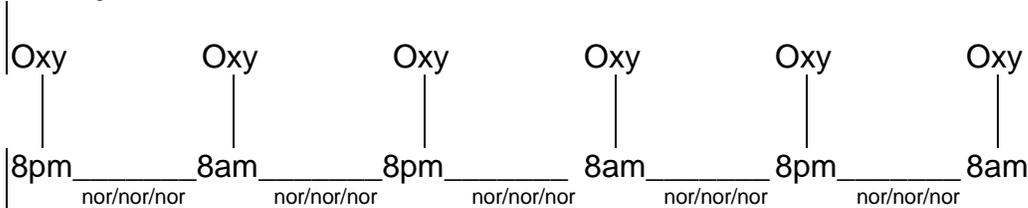
4. PRILOSEC (40MG)

- i) Antacid. Take once daily while on Indocin.

5. ZOFRAN (8MG)

- i) Take as prescribed for nausea

Example:



Side effects of pain medications:

- 1. Constipation: take whatever works for you, including:
 - i) Prunes/prune juice
 - ii) Colace/pericolace (over the counter)
 - iii) Senekot (over the counter)
 - iv) High fiber diet if tolerated
- 2. Nausea:
 - i) Take pain medication on a full stomach
 - ii) Use Zofran as prescribed

* Your medications have been called into your pharmacy with the exception of Oxycontin and Norco, these will be given to you the day of surgery.