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## **Discharge Advice TOTAL HIP REPLACEMENT**

### **Activity guidelines:**

- You can weight-bear and walk as comfortable.
- Continue doing the exercises taught in the hospital.
- Avoid deep sitting, crossing your legs, swinging your operated leg over the midline (as taught in hospital).
- When resting, elevate your leg. Swelling of the ankle can normally happen for up to a year.
- You can start driving when you can safely do an emergency stop (usually around 6 weeks from the operation).
- Sleep on your back for 6 weeks with a pillow between your legs.
- Sexual relations can be safely resumed once you are more comfortable. Remember your hip precautions.

### **Hygiene:**

- During the first two weeks, until the wounds are healed, keep your dressings clean and dry.
- For showering make sure the wound is sealed with a waterproof dressing. wrap your knee with cling film.
- Do not have a bath or go swimming until the wound is fully healed.

### **Wound care:**

- Keep your dressing clean and dry.
- After 2 weeks no dressing is necessary.
- Should your sticky dressing bleed through, change it to a clean one, leaving the steri-strips (adhesive strips sealing your wounds) intact. It should not happen after discharge from hospital.

### **Medications:**

- You should resume taking your normal medications.
- Take painkillers as directed.
- When taking strong painkillers (Codein, Tramadol, Oxycontin, Oxynorm), you will need to watch out for constipation. Eat plenty of high fibre food and fruit and drink plenty of fluid.
- Continue using your compression stockings and taking your blood thinner tablet.
- Do not take anti-inflammatories (e.g Nurofen, Voltaren, Diclofenac) while you are on a blood thinner.

### **Get in touch or notify your Doctor if you:**

- develop a fever of 38 degrees or more that lasts 24 hours.
- have profuse drainage from your wounds.
- have increased pain despite using painkillers.
- develop increased swelling of your foot, coolness and loss of colour despite elevating and moving your ankle.
- develop swelling and pain in your calf, back of the knee or your thigh.
- develop sudden chest pain and shortness of breath (this could be a sign of pulmonary embolism - please go to the nearest Emergency Department).
- have sudden pain after a bad movement and cannot move as before (this can be a sign of dislocation - please go the nearest ED).