



Total Hip Replacement

DAY 0 DAY OF SURGERY

DAY: _____ DATE: _____

Things to Expect Today:

- You will be in a surgical unit room where the nurses will closely monitor your condition. Initially after surgery, your blood pressure, pulse, and temperature will be taken frequently.
- Your nurse will inspect your operative dressing, assess your circulation, assess your level of comfort and response to pain medication, and help you change position frequently in bed to help make you comfortable.
- Your nurse will encourage you to cough, deep breathe, and use your incentive spirometer.
- You will need to take your pain medication to make coughing and turning easier. If the nurse does not mention it, ask for it.
- Initially after surgery, you will not be allowed to eat or drink anything. You will progress to a clear liquid diet. If you tolerate liquids, you will resume the diet you followed before surgery.
- You will be on bed rest till tomorrow. Tomorrow, your physical therapist will meet with you two times and begin to instruct you about after-surgery exercises. The therapist will assist you to get out of bed twice -- once in the morning and once later in the day. You will begin walking. The distance depends on your tolerance.

Things to Do Today:

Begin reviewing your **Patient Information Packet**. If you did not bring it with you, ask the nurse for another. Review "*hip precautions*."

- Use your incentive spirometer 10 times every hour while you are awake. How high did you get the spirometer this time? _____
- Take your pain medicine so it will make it easier to cough, deep breathe, and move around in bed.

SLEEP WELL!



Total Hip Replacement

DAY 1 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today:

- You will have morning blood tests.
- You will need to take your pain medication to make coughing and moving easier. If the nurse does not mention it, ask for it.
- You will be helped out of bed. You may not be hungry, but try to eat -- the better you eat, the better you feel.
- Your nurse will encourage you to cough, deep breathe and use your incentive spirometer.
- Your physical therapist will meet with you 2 times today, to begin to instruct you about hip precautions and help you get out of bed. You will be assisted to get out of bed to a chair twice today -- once in the morning and once later in the day.
- You will be supplied with a raised toilet seat.
- The Foley Catheter may be removed.
- You will meet with a Social Worker today who will begin discussing your discharge options.

Things to Do Today:

- Review your Patient Information Packet. If you did not bring it with you, ask the nurse for another. Review "*hip precautions*."

Morning

- Get out of bed to the chair with the help of your physical therapist. Begin walking with help if tolerated.
- Use your incentive spirometer 10 times every hour while you are awake. How high did you get the spirometer this time? _____
- Do your after-surgery exercises as instructed by your physical therapist.



Total Hip Replacement

Afternoon

- Sit on the chair to eat your lunch.
- Take your pain medicine before getting out of bed. It will help make moving easier.
- Get out of bed to the chair with the help of your physical therapist. Begin walking with help if tolerated.
- Use your incentive spirometer ten times every hour. Continue to do your coughing and deep breathing exercises.
- Do your after-surgery exercises and review hip precautions.

Evenings/Nights

- Begin to learn about your medication. Ask your nurse what you are taking.
- Continue to use your incentive spirometer and do the coughing and deep breathing exercises ten times every hour. These exercises will help prevent lung problems.
- Do the exercises the physical therapist taught you.
- Remember to take your pain medication as needed.
- The nursing staff will be making evening and night rounds. They will be helping you turn every two hours. You will have a special pillow between your legs to prevent your new hip from being dislocated. If you need something, please ask.

SLEEP WELL!



Total Hip Replacement

DAY 2 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today:

- You may have morning blood tests.
- You will be on the diet you followed before surgery.
- Your IV and Epidural catheter for pain medication will be discontinued. Pain medication in pill form will be available.
- You will continue to receive instruction by physical and occupational therapists.
- The drain placed during surgery will be removed today.
- If not done already, the Foley Catheter will be removed.
- Your social worker and other team members will continue to discuss your discharge plan. You may be discharged tomorrow. You can confirm this information with your medical team.

Things to Do Today

- Read the section in your Information Packet on *Going Home*.

Morning

- Sit on the chair and wash up.
- Eat breakfast.
- Use your incentive spirometer ten times per hour and do the coughing and deep breathing exercises.
- Continue physical and occupational therapy with instruction by therapists on after-surgery exercises, hip precautions, and adaptations related to daily activities such as grooming, etc.
- Walk farther than you did yesterday. Remember to take your pain medication to make moving easier. You may begin to learn how to climb stairs with crutches.



Total Hip Replacement

- Start thinking about your needs at home once you are discharged.
- Ask your physical and occupational therapist and nurse about what equipment you may need when you get home, if this was not already discussed with you before surgery.

Afternoon

- Sit on the chair and eat lunch. The longer you are out of bed, the better. It helps improve your lungs and circulation.
- Ask your nurse any questions you have about your medications. Ask for the information sheets if you did not receive them yet.
- Discuss plans for discharge with your nurse, doctor, therapists, and social worker. Confirm with the team concerning your discharge day.
- Review your discharge instruction sheet. Ask questions!
- Needed equipment will be ordered and confirmed with vendors. Make sure you have the phone number of the vendor.
- Begin stationary car and shower transfer.
- Walk around the hallway with your physical therapist. Visit the nurses' station.
- Let your nurse know when your last bowel movement was.
- Continue using the incentive spirometer and doing your after-surgery exercises.
- You may learn to climb stairs using crutches. Ask your physical therapist.



Total Hip Replacement

Evening/Nights

- Sit on the chair and eat dinner. Remember to sit in a high chair so that your knee is lower than your hip.
- Walk along the hallway with help. How far did you walk? Remember your pain medication.
- Do the exercises the physical therapist taught you.
- Use your incentive spirometer, and do your coughing and deep breathing exercises.
- Think about additional preparations you might need to make at home.
- The nursing staff will be making rounds. Ask if you need anything, including a sleeping pill.

SLEEP WELL!



Total Hip Replacement

DAY 3 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today:

- You may have morning blood tests.
- Your dressing will be changed today.
- You will need to take your pain medication to make moving and coughing easier. If the nurse does not mention it, ask for it!
- You may be discharged today. Orders for any needed equipment will be confirmed.
- If you are not discharged, you will be out of bed sitting on the chair for most of the day. Continue to walk in the hallway -- this is the best thing for your lungs!

Things to Do Today

- Reread the section in your packet on *Going Home* and watch the videotape on **Channel 8**.
- Review hip precautions, when to call the doctor, and information about preventive antibiotics.
- Write down any remaining questions.

Morning

If you are discharged:

- Wash up.
- Sit on the chair and eat breakfast.
- Review and sign the discharge plan with your nurse. Make sure you know when to make a follow-up appointment.



Total Hip Replacement

- Review tub and car transfers (e.g. getting into and out of) with the physical therapist if you are going home.
- Obtain your prescriptions.
- Be discharged from the hospital (at or before 10 a.m.) or transferred to a rehabilitation facility.

If you are not discharged:

- Sit on the chair for breakfast and eat something.
- Use your incentive spirometer ten times every hour. How high did you go? ____
- Take a walk around the hallway. See if you can go farther than you did yesterday.
- Continue working with the physical therapist and try exercising on your own. Review hip precautions with the physical therapist.

Afternoon

- Review your discharge instruction sheet. Ask questions!
- Sit on the chair and have some lunch -- the better you eat, the better you heal.
- Use your incentive spirometer ten times every hour. How high did you go? ____
- Continue to walk in the hallway. Try to go farther than you did this morning.
- Walk with your family or friends around "The Loop" or out to the solarium for a change of scenery. Check with the nurse and physical therapist before doing this.
- Let your nurse know when your last bowel movement was.
- Watch the videotape on Closed Circuit TV. Can you answer the questions about your discharge?
- Review your discharge instruction sheet and ask questions as needed.



Total Hip Replacement

- Begin to learn or continue to practice climbing stairs.
- Needed equipment will be ordered and confirmed with vendors. Make sure you have the phone number of the vendor.
- Continue to work with the physical therapist.
- Begin stationary car and shower transfer.

EVENING/NIGHTS

- Sit on the chair for dinner and eat something.
- Continue to use your incentive spirometer 10 times every hour.
- Do the exercises the physical therapist taught you.
- Walk along “The Loop” in the hallway. How many loops did you do today?

- The nursing staff will be making rounds and monitoring your progress.

SLEEP WELL!



Total Hip Replacement

DAY 4 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today:

- You may have morning blood tests.
- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- Discharge home or to a rehabilitation facility.

Things to Do Today:

- Ask any remaining questions.

Morning

- Wash up.
- Sit on the chair and eat breakfast.
- Review and sign the discharge plan with your nurse. Make sure you know when to make a follow-up appointment.
- Review tub and car transfers (e.g. getting into and out of) with the physical therapist if you are going home.
- Obtain your prescriptions.
- Be discharged from the hospital (at or before 10 a.m.) or transferred to a rehabilitation facility.