

Dr Ball Total Hip Arthroplasty

What to Expect/Activity

- You are weight bearing as tolerated to your operative leg. Use your walker or crutches. It is important to get up and walk for 10 minutes every hour, if possible.
- Perform your post-operative exercises as instructed. Your physical therapist will give you guidance about assistive devices. They will help transition you from a walker or crutches to a cane. You may stop using a cane if you are no longer limping and the therapist thinks you are safe without it.
- You may sleep however you would like. Many patients feel more comfortable with a pillow between their legs and find it uncomfortable to lay on the operative side. If you do roll on that side at night you will not damage the replacement.
- You may use a regular or elevated toilet seat, whichever is more comfortable.
- We do not routinely require any specific precautions in terms of positioning of your leg. This means that you can dress as you are comfortable, including shoes and socks. You can bend down carefully to get items from the floor. Do not do any extreme stretching, but with day to day activity you do not have to worry about the position of the leg.
- Swelling and discomfort causes pain. Elevate your surgical leg on several pillows throughout the day, especially when you are laying down, to keep your leg above the level of your heart.
- Place ice on your hip throughout the day for no longer than 1 hour at a time followed by a 20 minute break. Do not place the ice directly on your bare skin.
- Continue to wear your mobile compression sleeves while you are not walking for the first 2 weeks after surgery. Wear your white compression stockings for the first 48 hours after surgery.
- Do not drive until off narcotic pain medication and also cleared at follow-up by surgeon.

Dressing/Wound Care/Bathing

- Keep the entire dressing clean and dry for two days. The incision is covered with Prineo, an adhesive mesh held in place with medical glue. There may be some blood staining on the mesh- this is normal. There should not be any drainage or staining on the gauze dressing over this after 48 hours. If there is active drainage, call the office.
- You may remove the outer gauze dressing in 48 hours, but keep the adhesive dressing in place.
- You may shower once there is no drainage for 24 hours after the gauze dressing is removed (Post op day #3). Leave the adhesive Prineo in place. Do not scrub, just let water run over and pat dry gently.
- After two weeks, you may start to put a small amount of Neosporin on top of the mesh after showers. This will soften the adhesive and help it to peel. Trim the edges as needed but do not pull the mesh off. It takes 2-4 weeks for the mesh to fall off completely.

- Do not soak in a bath, hot tub, pool, lake, ocean, etc until the Prineo has fallen off and there are no scabs or open areas on the incision. This usually takes 3-4 weeks.

Pain Management/Medications

- You may resume your usual medications.
- Please take the following medications as prescribed:
 - Acetaminophen (Tylenol) 1000 mg – three (3) times daily
 - Aspirin 325 mg once daily for one month
 - Ondansetron (Zofran) 4 mg – only as needed for nausea and vomiting
- You are also receiving a prescription for narcotic pain medication (Oxycodone). Please only use this medication as needed for breakthrough pain. Take as directed on the bottle.

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. This will be explained again when you return for your post-op appointment.
- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Persistent nausea or vomiting
 - Decreased sensation or discoloration of the operative limb
 - Pain or swelling that is getting worse and not better with medication

Contact Information

- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com