

# Total Hip Replacement: Anterior Approach

There are many things you can do before and after your surgery to help with your recovery. This information will be a good overview. You can make a difference by reading the information ahead of time and doing the preparation. The orthopaedic staff look forward to working with you on a successful recovery.

## Before Surgery:

1. Practice deep breathing and coughing to prevent congestion after your surgery. Breathe in deeply through your nose. Hold your breath and count to 5. Breathe out slowly through your mouth. After breathing, practice coughing. Start this exercise 2 days before your surgery date.
2. Practice the strengthening exercises (Pages 3&4) before your surgery. It is important to maximize your strength.
3. Find someone who will be able to take you home. Your stay in the hospital will likely be 2 days.
4. Stop smoking or consider using a nicotine patch. Smoking can increase your risk of complications. Albany Medical Center is a smoke free facility and you will not be allowed to smoke during your hospital stay.
5. Bring a pair of non-skid shoes (such as sneakers) with you. You want to have safe and supportive footwear.
6. Look around your home. Find any possible hazards that may cause a fall and remove. For example: rugs, electric cords, clutter, and other household appliances or equipment.
7. Talk to your health care provider about your pain management plan after surgery. Pain management helps you: be more comfortable, get well faster, return to normal activity quicker, take control of your recovery, and reduce complications.
8. Please be sure to discuss with your surgeon any family or personal history of blood clots.

## During your Hospitalization:

1. You may have a glue like substance and a clear tape like dressing called a tegaderm over your incision. It is important to keep it clean and dry. It will not be changed for 10 days. You may also have staples that will need to be removed.
2. There are many ways that you may receive pain medication. Discuss your pain management plan with your doctor during your appointment.
3. You will experience some discomfort from the surgery. The staff will be asking you about your pain and it is important to tell them how you feel. One of our biggest goals after surgery is to manage your pain.
4. There will be things done to prevent blood clots. You may be ordered on a medication and you will need to wear TED stockings (anti-embolism stockings) and/or compression sleeves.

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5. It is important to exercise your lungs by using the incentive spirometer. You need to use this 10 times every hour while you are awake. A staff member will show you how to use this and place at your bedside.
6. The pain medication and decreased activity may cause constipation. You will be prescribed a stool softener while in the hospital. Drink plenty of fluids and eat well.
7. You will be getting up the night of surgery or the following morning. There will be a physical therapist and occupational therapist who will be working with you. They will evaluate your progress and any needs for discharge.

## **Discharge:**

1. It is okay to shower. Let the water run over your incision. Pat dry. Do not scrub incision.
2. Remove your tegaderm (clear) dressing in 10-14 days. Then inspect your incision every day. Keep it clean and dry.
3. You will not be able to drive until after your follow up appointment.
4. Based on how you are progressing with therapy, you may be discharged to your home or a rehabilitation facility. This is determined by how well you are doing and your participation with therapy.
5. Inform your primary care physician, all other physicians, and dentist that you have had a “total hip replacement”. You will need antibiotics prior to all dental procedures in the future to help prevent infections.
6. You will be given prescriptions at discharge without refills. If your medications are getting low, call your surgeon. One medication commonly prescribed is Celebrex. If your insurance company does not cover this medication you may be able to use an over the counter anti-inflammatory.
7. Call your surgeon with any concerns.

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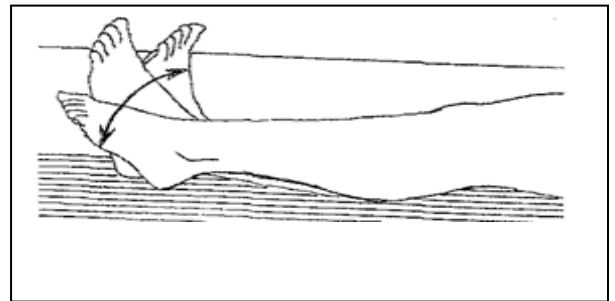
## Strengthening Exercises

Practice these exercises on both legs before your surgery and continue after surgery as instructed by your physical therapist. Walking is one of the most important exercises to do post operatively and the staff will be assisting you with this.

### Ankle Circle and Pumps

Keeping the leg straight, flex and point ankle 10 times per hour.

Ankle circles in both directions 10 times per hour.

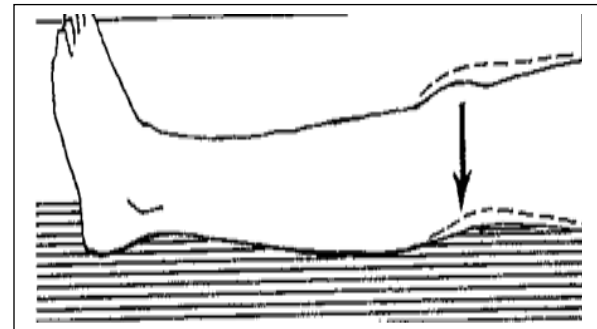


### Quad Sets

Keeping leg straight, tighten the thigh by pressing the knee down into the bed.

Hold for 5 seconds and relax.

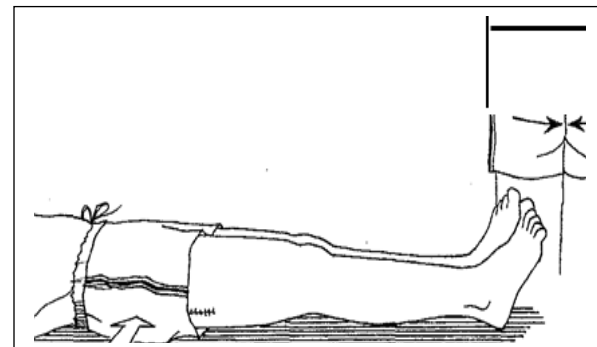
Repeat 10 times.



### Gluteal Sets

Squeeze buttocks together, hold 5 seconds and release.

Do 10 times every hour.



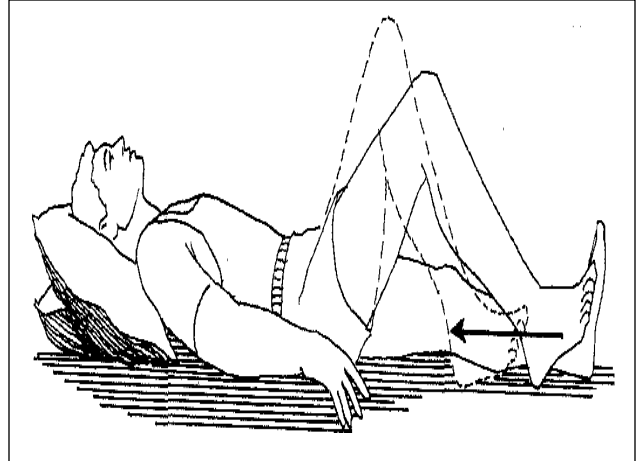
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## Heel Slides

While lying on your back, slide heel along the bed, bending the hip and knee of the operated leg. Do not bend more than 90 degrees (right angle).

Slowly lower the leg, keeping the heel in contact with the bed.

Repeat \_\_\_\_ times \_\_\_\_ times per day.



## Short Arc Quads

Place a rolled towel underneath the knee of the operated leg.

Keeping back of the knee against the roll, straighten the knee and lift foot off the bed. Hold 3 seconds and lower slowly.

Repeat \_\_\_\_ times \_\_\_\_ times per day.

