



## Same Day Total Hip Replacement Discharge Instructions

### Medications:

- Take the prescribed pain medication (Percocet) every 4 to 6 hours for the first few days. You can try with one pill and if not strong enough, take the second one within the hour. At the next dose time, take 2 pills if one was not enough. Proceed with 2 pills until the pain is noticeably diminished, then try 1 pill again. Everybody has different tolerances and needs with these medications so it can be a trial and error process. Find what works.
- Take Aspirin 325mg daily. This will continue for 4 weeks. This is to prevent blood clots.
- Discontinuation of opiates: If using 2 pills, then use 1 pill at the same time interval. The next step is to lengthen the time interval between doses. If pain warrants, continue with Percocet. If the pain that returns is mild, try Ibuprofen/Aleve or Tylenol before resorting back to opiate/Percocet.
- Ibuprofen can be taken 600 mg (3 tabs of OTC) every 8 hours or Aleve 540 mg (2 tabs of OTC) every 12 hours.
- If you have any abdominal pain or black stool, discontinue the Aspirin and Ibuprofen/Aleve and call the office.
- Over the counter Colace or Milk of Magnesium is recommended to prevent constipation that can occur from narcotic pain medication.
- Resume your usual home medications when you get home, as previously scheduled.

### Mobility:

- On the evening of your surgery, get up and stand and take a few steps with the walker within your room. Have another person assist you while you get up and back into bed.
- Use walker to assist in ambulation.
- You can put full weight on the operated leg.
- The physical therapist will be at your home the day after surgery to assist you in walking and show you exercises to do on your own.

### Wound Care:

- Keep bandage on and do not remove until postop appointment.
- You may shower with the dressing.
- Do not submerge the incision until incision is completely healed. (approx. 3-4 weeks)
- Apply ice to the hip and thigh as often as possible with 30-minute rest periods.

### Nutrition:

- Stay hydrated. Drink as much water as is reasonable. Or roughly two cups (16oz) per hour. Include Gatorade type electrolyte fluids intermittently.

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- If you get lightheaded, it is usually from low blood pressure that occurs because of fluid loss. Continue water consumption and get up very slowly when needed.
- Eat a light meal first. Medications can cause constipation and nausea. A heavy meal will make this worse.

**Communication:**

- Call the office if you experience:
  - severe pain uncontrolled by medication
  - uncontrolled nausea/vomiting
  - inability to urinate (>4 hours interval)
  - fever with temp >101.4°
- Proceed to the emergency room and bypass phone call if you experience:
  - Sudden inability to breath
  - Sudden chest pain
  - Signs of stroke: paralysis of arm or leg, paralysis of one side of face, sudden severe headache.