

DUKE ORTHOPAEDICS OF RALEIGH

Total Hip Replacement

Appointment

Please call the office today to schedule an appointment for 3 weeks from the date of your surgery.

Medications

1. A prescription for pain medication will be given to you at the time of discharge. Refills will not be given over the phone on weekends or after office hours.
2. You are to remain on the *Lovenox* injections for two weeks after surgery. When you have completed the two weeks, take one baby aspirin (81 mg) a day with food for three weeks, unless you have an allergy to aspirin or have gastric ulcers or reflux. Immediately stop the aspirin if you have an upset stomach or if you have black or bloody stools and notify the office immediately.
3. Take your iron supplement for two weeks following your surgery.

Wound care

1. Keep incision covered until the wound is dry and then leave it open to air.
2. The adhesive strips will fall off on their own.
3. Showering is allowed once the wound has been completely dry for 48 hours.
4. After all the adhesive strips have fallen off, the wound will be very sensitive to touch. The wound can be desensitized by rubbing it in a circular motion with a hand lotion like *Palmer's* which contains Vitamin E and cocoa butter. This wound program will make for a softer and more comfortable scar.

Physical therapy

1. You can bear full weight on the leg with a walker, crutches or a cane.
2. Home care PT will be scheduled 2 or 3 times per week
3. Do your exercises at home as described on your home therapy sheet

No driving until you are evaluated in the office

Do NOT cross your legs or sit in a low soft chair

Please remember to sleep with a pillow between your legs

Call the office with any problems or questions

Donald F. O'Malley Jr., MD
Duke Medicine Plaza, 3480 Wake Forest Road Suite 204 Raleigh, NC 27609
(919) 862 - 5093