



EDWARDS
ORTHOPEDICS

Advanced Orthopedic Surgery, Close to Home.

Dr. Chad Edwards, Orthopedic Surgeon

POSTOPERATIVE INSTRUCTIONS

Posterior Total Hip Arthroplasty

Rehabilitation or physical therapy instructions, when needed, are provided separately.

Incision and Dressing Care

- An Aquacel dressing will cover the incision. It is waterproof, so you may shower starting postoperative day 1.
- Do not soak or submerge the incision until cleared by your surgeon.
- Remove the Aquacel dressing 1 week after surgery. Underneath is a Dermabond mesh that should remain in place until your 2-week follow-up.
- Remove the Aquacel carefully so you do not pull off the Dermabond mesh. If the mesh comes off accidentally, continue with the plan as directed.
- Call the office if the Aquacel becomes saturated, starts leaking, lifts significantly, or loses its seal.

Pain Control - Goal: Minimize Opioids

- **Acetaminophen (Tylenol):** Take 1,000 mg (two 500 mg Extra Strength tablets) three times a day unless instructed otherwise.
- **Anti-inflammatory medication:** Unless you were prescribed Celebrex or a different anti-inflammatory, take ibuprofen 800 mg three times a day with food.
- **Do not combine NSAIDs.** Do not take ibuprofen together with Celebrex, meloxicam, naproxen, diclofenac, or another NSAID. If you have been told to avoid NSAIDs, do not take ibuprofen unless specifically instructed.
- **Muscle relaxer:** Flexeril (cyclobenzaprine) may occasionally be prescribed for muscle spasm. Take it only as directed. It can cause drowsiness.
- **Oxycodone / Percocet:** Use only if pain remains unbearable despite Tylenol and your anti-inflammatory medication. Use as little as possible. The goal is to avoid opioids whenever possible.
- **Important Tylenol warning:** Do not take additional medicines that contain acetaminophen. Percocet contains acetaminophen and counts toward your daily total.
- **Alcohol and driving:** Do not drink alcohol or drive while taking oxycodone, Percocet, Flexeril, or any medication that makes you sleepy or impairs your judgment.
- **Blood thinner:** If an anticoagulant or blood thinner is prescribed, take it exactly as instructed.

Posterior Hip Precautions - First 6 Weeks

- Do not bend the hip past 90 degrees. Avoid low chairs and bending forward deeply.
- Do not twist the operated leg inward.
- Do not cross your legs or bring the operated leg across the center of your body.
- Keep a pillow between your legs while sleeping or resting to help prevent crossing the legs.

Weight Bearing and Daily Activity

- Follow your surgeon's instructions regarding weight bearing. Most patients progress toward weight bearing as tolerated with a walker or cane.
- Use a firm, elevated chair with armrests and avoid low or soft seating.
- Sleep on your back or on the non-operated side with a pillow between your legs. Avoid lying on the operated side or stomach until comfortable and cleared.
- Do not drive for 6 weeks after surgery. Do not drive at any time while taking opioid pain medication, Flexeril, or another sedating medication.

Nutrition

- A high-protein diet is strongly encouraged to support healing. Protein shakes such as Ensure may be used if additional protein is needed.

Follow-Up

- A follow-up appointment will be scheduled to monitor your recovery.
- Call the office if you have questions or concerns before your follow-up.

Call the Office for Any Other Concerns

- Increasing redness, swelling, warmth, or drainage from the incision.
- Fever or chills.
- Severe or worsening pain that is not improving as expected.
- Persistent calf swelling or calf pain.
- A dressing problem such as saturation, leaking, or loss of seal.

CALL 911 OR GO TO THE EMERGENCY ROOM

For any emergent issue. Do not use the office or urgent postoperative text line for an emergency.