



OrthoTeam Clinic

John S. Rogerson, M.D.
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Excellence in Orthopedics

Dr. Rogerson's Post-Operative Hip Resurfacing Arthroplasty Instructions:

1. Do not sit for longer than 1 hour at a time with your legs dangling down. You should have legs elevated in a recliner chair or on the couch.
2. You may be up walking around during the day but should take periodic breaks to elevate the legs.
3. The TED stockings should be worn during the day for three weeks after discharge from the hospital. They may be taken off at night.
4. You should continue your blood thinner (Xarelto 1 tablet daily) as directed. The day after your last tablet, you should begin taking one coated aspirin 81mg or 325mg/day for four more weeks.
5. Continue iron tablets for 30 days after discharge. Because of difficulties with constipation with iron tablets, as well as pain medication, you should also increase the amount of fluids you drink and possibly take Metamucil if you are having symptoms of constipation.
6. Continue Celebrex 200mg/day (with food) as directed post-operatively until your samples or prescription is finished, then you may discontinue.
7. You may shower at HipHab after your first pool session with the Tegaderm dressing applied. Remove the Tegaderm immediately after your shower and replace it with gauze dressing as shown to you in the hospital. Once you are at home you may shower with no bandage and pat the incision dry. Your incision is covered with a Prineo mesh dressing and as you shower it will begin to fall off in sections. You may use clean scissors and cut off the peeling sections as they occur. Do **NOT** remove the Prineo mesh. It will naturally fall off between 3-5 weeks post-op. No soaking in a bath or pool until recommended by Dr. Rogerson.
8. Continue your physical therapy exercises at least twice daily at home.
9. You should continue with the body pillow at night until your follow up appointment with Dr. Rogerson in five-six weeks. You may sleep on either the non-operative or the operative side.
10. You may resume your regular diet post-operatively.
11. Don't be surprised if you have increased pain at night. This usually means you have been a little bit too active and need to back down a little with your activities.
12. If you develop lower extremity swelling that does not improve after a night of elevation, please call the office. This could be an early sign of a blood clot.
13. Your return to work date will be determined with your physician either in your pre-operation discussion or at your post-operative appointment.

*Please call Renee Burke PA-C, Joanna Hutchins PA-C, or Dr. Rogerson
with any other questions or problems: (608) 231-3410.*