

Dr. Rogerson's Post-Op Posterior Total Hip Replacement Instructions:

- 1) Do not sit for longer than 1 hour at a time with your legs dangling down. You should have your legs elevated (higher than your heart) in a recliner chair or on the couch periodically throughout the day.
- 2) You should try to increase the amount of walking you do each day.
- 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 the blood thinner (Xarelto) once daily as directed. The day after your last tablet, you should begin taking one enteric coated aspirin (81mg or 325mg) every day for four additional weeks.
- 5) Continue iron tablets for six to eight weeks 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 or Citrucel if you are having symptoms of constipation.
- 6) You may shower without a gauze bandage once your incision has had no drainage for at least two days. Pat the incision dry after your shower. No soaking in a bath or pool until recommended by Dr. Rogerson. As the Prineo tape starts to lift off from the incision, you may take a clean scissors and cut off the non-adherent section of tape. It typically takes 2- 3 weeks to completely loosen from the incision.
*If you have staples instead of Prineo tape, then once your staples have been removed, you will need to wait two days to resume showering.
- 7) Continue your physical therapy exercises at least twice daily at home. Continue hip precautions for 6 weeks.
- 8) You should continue to sleep with a pillow between your legs until your follow up appointment with Dr. Rogerson in six weeks.
- 9) 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 from your activities.
- 10) 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.

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