

Dr. Dungy's Total Hip Replacement Instructions

1. Shower daily, allowing your incision to be cleaned. Pat it dry. Do not soak your wound in water such as a tub, pool or whirlpool/hot tub.
2. Practice your exercises as taught by your physical therapist.
3. You may bear weight as tolerated on your legs. As both you and the therapist feel stronger and more confident, you may discontinue assistive devices (walker, cane, crutches, etc.).
4. Follow strict posterior dislocation precautions as taught by your therapist for 6-8 weeks. During your second post-op visit, Dr. Dungy will review how to safely move into various positions with less risk of dislocation.
5. Your wound "tape and glue" will be removed at your first post-operative appointment.
6. Do not drive until deemed safe by the therapist and you are no longer taking narcotic prescription pain medication.
7. Most patients will need to take 325 mg of aspirin twice daily for 35 days. If you are at high risk for a blood clot, then you may need to take either Lovenox (blood thinner shots) or Xarelto (pills) for a total of 3 weeks. If you develop an upset stomach or notice that your stool has become darker and/or more foul smelling, call the office for assistance.
8. Call the office to confirm your first post-op follow-up appointment with Tina for 2 weeks after surgery. The specific date and time is also listed in your surgical packet.

Do not hesitate to contact Dr. Dungy's office if you have any questions or concerns; especially, if your wound has excessive drainage or redness, you develop excessive leg swelling, or you experience uncontrolled pain and/or fever.