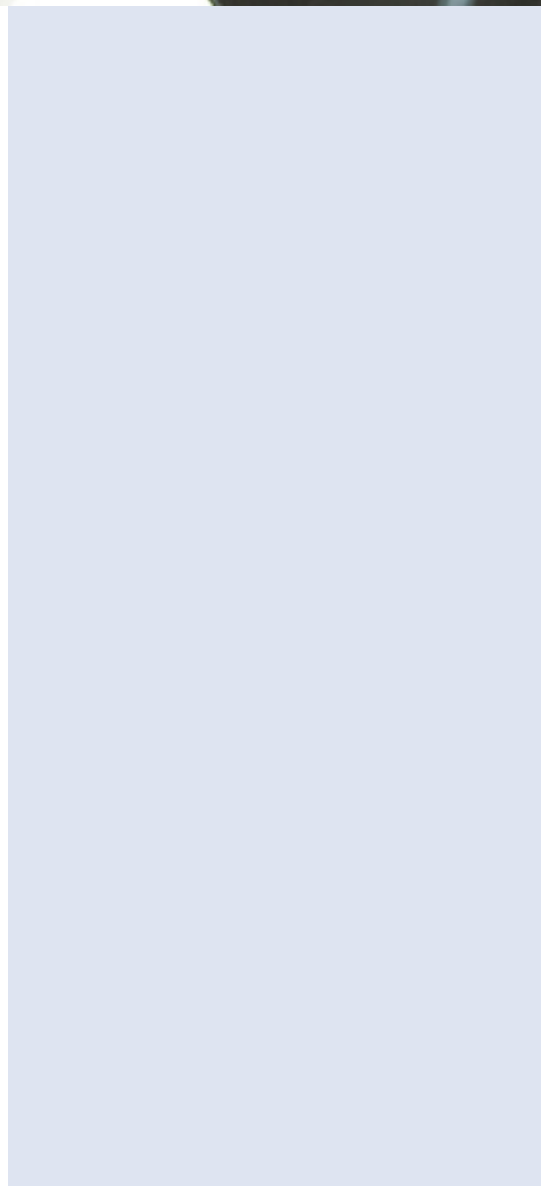




Follow your doctor's instructions for each of the following after surgery:

- Bandage/Dressing Changes Your incision will be covered with a dry bandage/dressing. Change it as instructed. If your bandage becomes soaked with blood or shows fluid drainage to the outside of the bandage, reinforce the bandage with additional bandage/dressing pads, secure with tape, and apply a



- Rehabilitation/Physical Therapy: Your doctor will order therapy that is very important for getting the best results from your surgery and to teach you how to safely resume activity again. Therapy may be delivered either through Home Health or Outpatient Rehab.
 - Showering/Bathing: Avoid getting your incision wet until it heals. Cover the bandage/dressing as instructed.
 - Sitting: Sit in chairs with arm rests. Keep your knees lower than your hips when sitting. It is okay to place a pillow in the chair to raise the seat up.
 - Walking: Use a walker or cane as instructed. Wear well-fitted shoes with non-skid bottoms, and take extra caution when walking on uneven ground or wet surfaces. Avoid falling by having someone clear pathways in your home (remove throw rugs, lamp cords, and clutter so you will not trip).
 - You should not cross your legs or ankles or twist your affected leg after certain surgical procedures. Ask your surgeon if this precaution applies to you.
-

Your Symptoms

Understand **how** you are feeling after **total hip replacement surgery** and **what to do based on the Green, Yellow, and Red Zones** below.

Green Zone Symptoms:	"All Clear" Green Zone Means:
<p>No pain that is different for you since surgery Drainage from the incision is decreasing Sleeping well or normal at night Appetite is good/normal</p>	<ul style="list-style-type: none"> • Your pain is under control • Your incision is healing • Continue taking your medicines • You need to keep moving and walking as instructed • Keep all appointments with your doctor even if you are feeling better
Yellow Zone Symptoms:	"Caution" Yellow Zone Means:
<p>Sudden sharp pain that doesn't go away The pain medicine is not helping Swelling, redness or drainage from the incision Change in color or odor of drainage Fever above 100.0 or not Change in color is of</p>	



Common Medicines Used for Total Hip Replacement (THR)

Medicine Type and Reason for Use	Examples	Possible Side Effects
<p>Blood Thinner</p> <p>Prevents a blood clot from forming after surgery</p> <p>Take this medicine at the same time each day</p>	<p>Most likely, you will be prescribed ONE of the following blood thinners for a certain period of time after you are discharged from the hospital:</p> <p style="padding-left: 40px;">Enoxaparin (Lovenox[®]) injection Fondaparinux (Arixtra[®]) injection Rivaroxaban (Xarelto[®]) tablet Warfarin (Coumadin[®]) tablet</p> <p>Other: _____</p> <p>Your doctor might also prescribe aspirin (over-the-counter) after you finish the blood thinner medicine above.</p>	<ul style="list-style-type: none"> Increased risk of bleeding Interactions with certain foods (warfarin) Upset stomach
<p>Pain Medicines:</p> <p><u>*Understand the following:</u></p> <ul style="list-style-type: none"> How often you can take each medicine Which medicines are taken on "schedule" or "as needed" The number of tablets you should not exceed in a 24-hour time period The amount of Acetaminophen (Tylenol[®]) you should not exceed in a 24-hour time period 	<p>Narcotic/Opioid Pain Medicines*:</p> <p style="padding-left: 20px;">Hydrocodone + Acetaminophen (Lortab[®] or Norco[®])</p> <p style="padding-left: 20px;">Morphine</p> <p style="padding-left: 20px;">Oxycodone</p> <p style="padding-left: 20px;">Oxycodone + Acetaminophen (Percocet[®])</p> <p>Non-Opioid Pain Medicines:</p> <p style="padding-left: 20px;">Acetaminophen (Tylenol[®])</p> <p style="padding-left: 20px;">Celecoxib (Celebr+)</p>	

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.

