



Sheena Black, M.D.

Orthopaedic Surgery, Sports Medicine

469-800-7200

Hip – Post Surgery Instructions

Please read this entire handout before calling the office with questions.

Follow-Up Appointment: Date: _____ Time: _____ Provider: _____

Office Location: Dallas (3900 Junius St. Ste 500) Frisco (3800 Gaylord Pkwy, Ste 810) McKinney (5220 W University Dr, Ste 300)

Weight-Bearing

- Partial weight-bearing (20% of body weight)** on the operative leg with 2 crutches/walker x ___ weeks at all times. You may place operative leg down on the floor for **balance only**; as if you are “walking on eggshells.”
- Weight-bear as tolerated (put full weight)** on the operative leg with crutches/ walker for balance

Physical Therapy:

- Please arrange for an appointment 3-5 days after surgery to begin physical therapy.
- **Take your physical therapy prescription, protocol, and surgery pictures with you at that visit.**

Bathing:

- *You may remove your surgery dressing on day 3 after surgery.* At this point you may shower without scrubbing directly over incisions. Gently pat surgical site dry after showering, and place a clean, dry bandage over your incisions.
- Do not submerge your incisions under water (bath, hot tub, pool) until incisions have completely healed

Medication Instructions

- You may resume your usual medications (unless otherwise instructed).

Prescription medications: You have been prescribed one or more of the following medications (per boxes checked below):

- Norco 10mg (hydrocodone)/ 325mg (Tylenol/acetaminophen) **1-2 tabs every 4-6 hours as needed** for pain
 - ***Indocin SR 75 mg tab - 1 tab daily starting **DAY 1** after surgery **for 4 days** (prevent excess bone formation)
 - ***Naproxen 500 mg tab – 1 tab twice daily starting on **DAY 5** after surgery (prevent excess bone formation)
 - ***Prilosec (omeprazole) 20 mg tab – 1 tab daily while taking the **INDOCIN**
 - Zofran 4 mg tabs – 1 tab q8h **as needed** for nausea.
 - Aspirin Enteric Coated 81 mg - 1 tab by mouth **daily for 30days to prevent blood clots.**
 - Colace (Docusate) stool softener- 100mg twice as day for constipation while using narcotic pain medicine
 - _____
- **Medication Refills: BE PROACTIVE!** Please contact the office at 469-800-7200 during office hours at least **48-72 hours before** you run out of medication. Narcotic pain medication refills must be sent by Dr. Black electronically to the pharmacy.
 - *****Please note***The on-call staff will NOT refill pain medications, under any circumstance!**



Dressing:

- It is **VERY NORMAL AND EXPECTED** to have a moderate amount of fluid drainage and some bleeding on your post-operative dressing
- You may remove the surgical dressing and replace it with a clean bandage/dressing if the bandage becomes too saturated or starts leaking.

Brace

- **Donjoy EXCYABIR brace:**
 - Brace is to be worn for sleeping and when you are up with your crutches. You may take breaks through the day and remove your brace.
 - For more information about application/adjustments of brace see QR code
- Not applicable



Post Op Hip Motion: Hip motion after surgery can help alleviate pain and prevent scar tissue formation

Dr. Black recommends Based on your insurance you will be given 1 of 3 options. See checked box.

- **ROMTech Bike:** We will submit this to your insurance prior to your surgery for authorization
 - The bike should be used in PASSIVE mode for the first 2 weeks. You may gradually advance to the ACTIVE mode after 2 weeks as your hip tolerates
 - Please contact the company directly for any questions regarding the machine
- **CPM:** If your insurance does not cover the ROMTech Bike we STRONGLY recommend this option
 - CPM machines are NOT currently covered by insurance in Texas for hip surgery
 - Pricing: \$125 per week x 2-3 weeks (total investment: \$250-375)
 - Settings: use for at least 2 hours - 3 times per day
 - 30 – 70 degrees (advance to 0 - 90 degrees as tolerated)
 - Please contact the company directly for any questions regarding the machine
- **Hip Pendulums:**
 - Instructions for hip pendulums may be found at www.SheenaBlackMD.com
 - Start these exercises on DAY 1 after surgery for 20 minutes three times a day

Driving

- **You are prohibited from driving while taking narcotics.**
- Driving reflexes and coordination can be impaired for several weeks after surgery. Most patients DO NOT drive prior to their first post-surgery appointment.
- The decision regarding when you can return to driving is different for every patient and depends on the surgery side, surgery type, weight bearing status, coordination, narcotic pain medication usage, and comfort returning to driving.

Icing/ Cold Therapy:

- Use ice or your cold therapy machine at least three times a day for 30 minutes (or as directed) to minimize swelling and pain.
- Do NOT apply ice/cold therapy pad directly to skin to avoid skin burns. Check your skin regularly for blisters or a whitish blanching color.



Most orthopedic surgical procedures are uneventful. However, medical complications can occur, and we want all surgical patients to have an awareness of the things to look for and actions to take in the event of a postoperative complication. This can help to prevent an adverse outcome.

PLEASE BE ADVISED OF THE FOLLOWING:

1. **FEVER** – Low grade fever is common after bone and joint surgery, particularly in the first two days. A little fever during this time is not of concern. If your temperature rises above 101.5° F please call the doctor on call for advice.
2. **INFECTION**- Please have a member of Dr. Black's orthopedic surgery team evaluate you if there is concern for infection after surgery (*Not your PCP or local emergency room physician unless it is an emergency*).
 - Fever, chills, redness, increased drainage, elevated blood sugars, or increasing pain may be signs of an infection.
 - If you have any of these symptoms or questions, call 469-800-7200 during office hours.
3. **BLEEDING** – It is common to get a minor amount of bleeding that can soak through the bandages or surgical dressing. This is not of concern. Please call regarding excessive bleeding. Notify your surgeon if the wound drains any fluid later than five days after surgery.
4. **CARDIOVASCULAR** – If you develop chest pain, shortness of breath, or fainting spells, then you need to go to the emergency room for evaluation. If your symptoms are severe then call 911 rather than going in a private vehicle. Someone should notify the Orthopaedic Associates of Dallas doctor on-call and your family doctor as well.
5. **BLOOD CLOTS** – Orthopedic surgery patients are at risk for blood clots, especially after lower extremity surgery. *Please be sure to notify your surgeon if you or someone in your family has a history of such clots or any type of clotting disorder.*

Obesity or use of oral contraceptives can increase the risk of blood clots. Women should consider not taking oral contraceptives while unable to walk normally without crutches, brace or cast on the leg.

Traveling after surgery - Realize that long air flights or car trips may also increase the chance of blood clots. You can lessen the risk of DVT by taking short breaks to either walk around or pump your foot against resistance (like stepping on the gas).

Signs of blood clots may include calf pain or cramping, diffuse swelling in the leg and foot, as well as chest pain, coughing, or shortness of breath. Please call if you recognize any of these symptoms.

6. **CONSTIPATION** – It is common to become constipated from taking narcotic based pain medications so you may need a stool softener / laxative. It is recommended that you take Dulcolax 100mg twice per day as needed, and this is available over the counter at any pharmacy. Increase your fiber and water intake after surgery to help avoid this.

The main number of Orthopaedic Associates of Dallas is 469-800-7200 is answered 24/7, but should not be used for emergency situations. It is best to use 911 first in a true emergency, then call and notify us of the situation.