



**Baylor St. Luke's
Medical Group**

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JasonBrannenMD.com

You had Total Hip Replacement with Dr. Brannen

- **Follow-up** with Dr. Brannen's office at your 2-week post-operative visit

- **Activity:**
 - ☐ Full Weight Bearing ☐ Toe Touch Weight Bearing ☐ Partial Weight Bearing
 - ☐ No Weight Bearing ☐ With Walker / Crutches
 - ✓ Dislocation precautions – no forceful hip extension or external rotation past neutral.
 - ✓ Keep ice pack on for at least 30 minutes on then 1 hour off. Repeat this as necessary. ***Never put ice directly on skin.
 - ✓ Use your Incentive Spirometer (inhale) 10 x an hour (while awake) for 14 days.

- **Medications:** Take your pain medicine exactly as directed. **Do not drive if you have taken any prescription pain medication.** Pain medication can lead to **constipation**. High fiber diet, lots of fluids, and a stool softener (Colace or laxative (Miralax))
 - ☐ **Norco (Hydrocodone/acetaminophen)** 1-2 tabs every 6 hours as needed for pain
 - ☐ **Aspirin 325mg** 1 tab a day for 30 days start the day of surgery
 - ☐ **Ibuprofen 600mg** every 6 hours for pain (for first 24 hours). (alternate with Norco)

- **Blood Clot Prevention:**

May also perform ankle pump exercises (moving your foot back and forth).

- **Surgical Dressing:**
 - You may shower with the dressing covered
 - Wrap in plastic saran wrap, or Press and Seal, when showering then remove wrapping.
 - If the bandage gets wet. Please remove. Do not use other tape to hold it on.
 - No hot tubs, pools, or baths until cleared by your healthcare provider.