

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 tomorrow
 - Ibuprofen 600mg** every 6 hours for pain (for first 24 hours). (alternate with Norco)
 - Cefadroxil 500 mg every 12 hours** start tomorrow if you had an out patient procedure

- **Blood Clot Prevention:**

May also perform ankle pump exercises (moving your foot back and forth).
- **Incision:** Your Silverlon dressing. Wrap in plastic wrap, or Press and Seal, when showering then remove. If the dressing gets wet or it begins to peel off please remove. No hot tubs, pools, or baths until cleared by your healthcare provider.