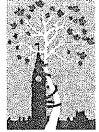




Department of Surgery
DIVISION OF ORTHOPAEDIC
SURGERY

Département de chirurgie
DIVISION DE CHIRURGIE
ORTHOPÉDIQUE



POST OPERATIVE INSTRUCTIONS TOTAL HIP REVISION

Wound:

- Keep it dry for the next 48 hours. Then you may shower.
- No bath or swimming
- If you have a dressing, always keep your dressing clean and dry. If the dressing becomes soiled or wet, it must be changed in order to prevent infection. This can be purchased at any pharmacy.
- If you have an Aquacel dressing remove it after 5-6 days and leave open to air or apply strip dressing (this can be purchased at any pharmacy). You can shower with Aquacel dressing.
- If you have sutures or staples they can be removed in 10 to 14 days by your family doctor or the plaster room at the General Campus

Getting Around:

- You can be weight bearing as tolerated on your operated leg unless instructed otherwise
- There is no restriction on range of motion or sitting
- You cannot drive for four weeks
- You will be in hospital for 1 day
- Recommend off work 6-8 weeks
- Using crutches for 4 weeks
- Do not travel long distances for at least 4 days after your surgery
- No long flights for 6 weeks after your surgery

Medications

- You will be given a prescription for pain medication that you take as needed
- You will also receive a prescription for blood clot prevention medication that you need to take for 21 days

Physiotherapy

- Please use the physiotherapy referral included in this package

If you experience any concerns regarding fever, leg swelling, your surgical wound, or worsening pain within the first 14 days after your surgery, please:

- Call your surgeon's office
- If you are unable reach the administrative assistant after several attempts, you can present yourself to the Plaster Room (Module P) at the General Campus anytime between the following times:
 - Mondays 12:00pm to 4:00pm
 - Tuesdays 9:00am to 4:00pm
 - Wednesdays 9:00am to 4:00pm
 - Thursdays 9:00am to 4:00pm
 - Fridays 12:00pm to 4:00pm

All insurance forms, medical notes, work notes, etc will be filled out after the surgery takes place.