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## TOTAL HIP ARTHROPLASTY: LATERAL or POSTERIOR APPROACH

PRIMARY & REVISIONS

### INPATIENT NURSING PROTOCOL

Last Revised: FEB 2015

1. 24 hours of IV ABX: Vanc + Ancef (or Clinda if PCN allergic)
2. DVT prophylaxis: early mobilization (RRP) is more important than chemoprophylaxis
  1. low-risk: ECASA 81mg BID x 30 days
  2. high-risk:
    1. normal renal fxn: Xarelto 10mg PO QDay x 30 days
    2. renal insufficiency: Lovenox 30mg SQ QDay x 30 days
3. ACTIVITY: UP OUT OF BED TO CHAIR WITHIN 2 HRS UPON ARRIVAL, THEN TID W/ MEALS
  1. "RRP" - Rapid Rehab Protocol
4. WB STATUS: GENERALLY WBAT w/ ROLLER WALKER
  - a. REVISIONS: MAY BE TOE-TOUCH DUE TO BONE LOSS \*\*THIS WILL BE CLEARLY NOTED IN THE ORDERS & OP REPORT\*\*
5. Hip precautions x 6wks based on approach used
  - a. Difficult Primaries and Femoral Revisions: Lateral Approach = Anterior Precautions
  - b. Acetabular Revisions: Posterior Approach = Posterior Precautions
6. AN INTEGRAL PART OF "RRP" IS MULTI-MODAL PAIN MANAGEMENT WHICH INCLUDES:
  1. scheduled non-narcotic analgesics (eg acet, tramadol, & cox2s)
  2. minimal narcotic use
  3. regional anesthesia
  4. a local injection (cocktail, Exparel, etc)
  5. avoidance of PCA pumps.
7. Knee-high TED hose to bilateral LEs at all times x 4 wks
8. SCDs to bilateral LEs at all times while in the hospital
9. ABDXN PILLOW: b/t knees while supine in bed x 4wks
10. FOLEY: REMOVED IN PACU
  1. \*\*MALES >60y/o: FLOMAX PO QHS TO PREVENT URINARY RETENTION
11. DRAIN: CLAMPED X 2HRS, DRAIN OUT POD1, PLACE STERILE 4X4 & TEGADERM, THEN CHANGE PRN
12. Dressings:
  - a. DO NOT REMOVE AQUACEL: WATER-PROOF, SHOWERS OK, NO BATHS
    - i. CALL IF: > 60% STRIKE-THROUGH OR BROKEN SILICONE SEAL
    - ii. WILL BE REMOVED IN MY OFFICE AT POW2 VISIT (ALONG WITH STAPLES)
  - b. if NOT an aquacel, reinforce prn, then change on POD2 w/ same dressing
  - c. sutures/staples: as a general rule, there will NOT be staples or sutures to remove; a running subQ monofilament & derma bond will be used. \*\*

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