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### **Dr. Lowry's Post-Op Instructions Total Hip Arthroplasty - Direct Anterior**

Left Right Last Revised: MAR 2015

1. To decrease the risk of a blood clot: you will be given the following:
  - A. ECASA 81mg T PO BID x 4 wks. If you are at higher risk, then you will be given either Xarelto or Lovenox.
  - B. Knee-high compression hose x 4 wks
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium supplements.
3. Dressings: leave the Aquacel dressing on (it's waterproof); it will be removed in my office at your first appointment in two weeks. Call if: >60% drainage OR the silicone seal is broken on the Aquacel dressing. Do not submerge your hip incision x 4 wks after surgery. The drain site dressing will need to be changed each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, then place a new band-aid.
4. Incision: If I feel that sutures or staples are more appropriate to close your incision, these will need to be removed in two weeks. Otherwise, sutures under the skin & "dermabond" (skin glue) are used & there will be nothing to remove.
5. Wear a pair of spandex bike shorts x 3 wks. This will help keep your incision compressed & less likely to develop a hematoma (fluid collection that could cause wound complications or an infection).
6. Use your walker x 4 weeks. It is very important for your balance & protecting your new hip. Your weight bearing may be adjusted based on the quality of your bone during surgery.  
  
\*\*If I am concerned about weak bone OR you have a fracture during surgery, then I may change your weight-bearing status accordingly\*\*
7. I do recommend you place a pillow under the knee of your operative hip when in bed or a chair x 4 weeks after your surgery. This encourages the front of your hip joint to "tighten-up" as you recover in hopes to further decrease the risk of instability after your hip replacement.
8. Most patients do NOT need a formal therapy program right away. You simply need to work on walking with the support of the walker for 4 weeks & work on sit-to-stand exercises. I will determine if you need either Home Health or OutPt P.T. program in the hospital.
9. Please make an appointment to see me in 14 days after your surgery.

If you have any other questions or concerns please call my clinic.

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