



LAKE COOK
ORTHOPEDICS

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TOTAL HIP ARTHROPLASTY DR. ORYHON

PROCEDURE: Right Left Bilateral Total Hip Arthroplasty

GENERAL INSTRUCTIONS:

Use pain medication and/or ice packs when your hip hurts. It is advised (but not necessary) to take pain medication before you do your exercises and apply ice packs to your operative hip after exercises.

Antithrombotic stockings (TED hose) are suggested for 4 weeks.

No specific hip precautions but activity is restricted for 6 weeks to allow soft tissues to heal
Do **not** use heat or heat creams on your operative hip.
Do **not** immerse the operative hip under water (no baths/pools x6 weeks).
Do **not** drive until cleared to do so by Dr Oryhon (typically 3-6 weeks)

PHYSICAL THERAPY/REHAB:

Weight Bearing as Tolerated (WBAT) unless otherwise instructed – use walker/cane as needed and as instructed
Your inpatient rehab therapists or home therapists will work on a THA protocol, exercises include:
Ankle pumps, gluteal sets, heel slide hip flexion, hip abduction, short arc quad sets

Note: It is important to actively participate in your hip rehab and work diligently on the prescribed exercises. You should continue the hip exercises on your own even after formal therapy has ended – this should be done for at least 6 months to a year after surgery to promote full muscle recovery, eliminate limp and minimize the chance of injury

WOUND CARE:

Unless otherwise informed, your incision is closed with absorbable suture – no suture or staple removal is necessary
Skin Glue (Dermabond) covers your incision and protects it while the skin heals – this will fall off with time
Do **not** use ointments or creams on your operative hip.
Dry dressing change to incision each day (usually not needed past one week from surgery)
Shower is allowed (without covering wound) after 3 days if wound is completely dry (no drainage on dressing)

MEDICATIONS AND PRESCRIPTIONS:

Pain meds as prescribed. Usually Norco 1-2 tabs every 4-6 hours as needed
Aspirin 325mg twice per day to thin blood and prevent blood clots in **most** cases
Coumadin (Warfarin) is **sometimes** needed to thin the blood – the dose will be adjusted based on your blood tests
Colace as needed for constipation
Ferrous Sulfate 325mg each day (iron supplement to combat anemia)
Also refer to the discharge medication reconciliation regarding your other medicines

CLINIC FOLLOW-UP:

Dr. Oryhon will see you at 5-6 weeks after surgery
If you or your therapist have any concerns before the follow-up please call the office 847-381-0388
Refer to our website www.lakecookortho.com for full TKA rehab protocol and other information