

Same Day Total Hip Replacement

Peace Arch Hospital

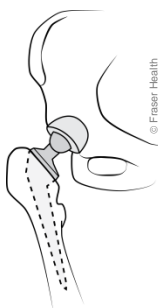
To help you prepare for your hip replacement, we gave you 2 booklets:

- ☐ **Preparing for Your Surgery and Hospital Stay**
- ☐ **Before, During, and After Hip and Knee Replacement Surgery** (from Vancouver Coastal Health)

There are different ways to do this surgery. Your surgeon will discuss the best approach for you.

How is the surgery done?

The surgeon will make an incision on the outer part of your hip. The surgeon replaces the head of the thigh bone (femur) and puts the new hip socket in place. Sometimes this can be done with minimal cutting to muscles and tendons. The surgery usually takes 1 to 1.5 hours.



Most people go home the same day as the surgery. It depends on your health before the surgery and your recovery.

Before you leave, we teach you:

- How to safely get in and out of bed.
- How to walk and use your walking aid.
- How to safely go up and down stairs.
- How to do your daily exercises.
- How to get on and off the toilet by yourself.
- How to get dressed using your own clothes.

We also give you a sheet describing your exercises.

Specific Instructions

Drinking and Eating

Return to your normal diet. You might feel sick to your stomach (nausea) or throw up (vomit). This should not last long. It is important to stay hydrated.

If you feel sick or throw up:

- Drink 'flat' ginger ale, clear soups, and clear fluids, and eat mild foods until you feel better. Other good choices include dry toast, crackers, popsicles, and gelatin dessert (such as Jell-O). Stay away from caffeine, carbonated soft drinks, and acidic fruit juices while feeling sick.
- Drink and eat small amounts often.
- Rest in bed until you feel better. Place a cool, damp cloth on your face and neck.
- Try not to smoke or be around smoking. It can make your nausea worse.

*Family practitioner refers to family doctor or nurse practitioner

Weight bearing

When walking, you are allowed to put as much weight on the leg with the new joint as you feel you can.

To begin with, you will want to use a walking aid such as a walker or crutches. As your walking improves, you can stop using the walking aid.

Managing pain

Your pain should be at a comfortable level that allows you to move, deep breathe, cough, and to do every day activities.

We give you instructions to take pain medicine. This could be for non-prescription (over the counter) pain medication such as acetaminophen (Tylenol®) and/or non-steroidal anti-inflammatory drugs★ (NSAIDs) such as ibuprofen (Advil®, Motrin®) or naproxen (Naprosyn, Aleve®).

★ **NSAIDS are not for everyone after surgery.** If you have (or have had) health problems such as stomach ulcers, kidney disease, or a heart condition, speak with your surgeon or family practitioner before using NSAIDs.

If your pain is at an uncomfortable level, take your pain medicine as directed. As your pain improves, take your pain medicine less often and/or a smaller amount until you have little or no pain, then stop.

Always read the label and/or information about how to safely take medication from the pharmacist.

Questions about medications? Speak to your local pharmacist. After-hours, call 8-1-1 and ask to speak to a pharmacist.

Your incision

Your incision is covered with a bandage.

Leave the bandage in place. Your surgeon will remove the bandage at your 2 week follow-up appointment. We explain how to care for your bandage and incision before you leave.

For the next 2 weeks, unless instructed otherwise, take only sponge baths.

No showers until after you see your surgeon at your 2 week follow-up appointment.

For 4 weeks after the bandage is removed:

- **Do not** put any lotions, ointments, or creams on your incision.
- **Do not** take baths, go swimming, or use a hot tub.

For more information

- If you have any problems with your recovery the evening of your surgery, return to Peace Arch Hospital Emergency Department.
- For information on blood thinners, managing pain, equipment, and what to watch for, refer to your booklet **Before, During, and After Hip and Knee Replacement Surgery**.

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