

Hip Replacement (Posterior Approach) Education Plan

Getting Ready to Learn About Hip Replacement

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review the information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days.

What I Need to Learn About Hip Replacement

By the time I leave the hospital; I will be able to tell the staff:

1. How I will be careful and active after my hip surgery.
2. How I will care for the wound after my hip surgery.
3. What I will eat in order to heal from hip surgery.
4. How I will manage my pain after hip surgery.
5. How I will manage related issues I may have after my surgery.
6. When I will call my doctor's office or therapy.

The staff will use three questions and answers to teach me about Hip Replacement (Posterior Approach):

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words. They may ask me to show what I have learned. They want to make sure that I know about my surgery and how to take care of myself.

What is my main problem?

I need to recover from hip replacement surgery. I have just had or will have surgery on my hip. I need to know what to do to get well after total hip replacement surgery.

What do I need to do?

I will be able to tell the staff how I will be active and careful after my surgery

- Do not bend operative hip more than 90 degrees. This means my knee should not be higher than my hip when seated. There are pictures in the book I received from physical therapy to help me understand.
- Take a shower (if the doctor allows) or a basin bath. I cannot sit on the bottom of the tub because it makes my hip bend more than 90 degrees.
- Do not lean forward when in a sitting position. Use a chair that is tall so my hip does not bend more than 90 degrees.
- Do not cross my legs.
- Do not turn my hip inward when turning or walking. I should make sure my toes are pointed straight ahead instead of turned inward. I should avoid turning my upper body away from my operative leg while resting my weight on the operative leg.

Be Active/Exercise

- Do the exercises ordered by the doctor or therapists. (See handout).
 - Start these exercises the day after surgery. My doctor may have asked me to do some of them before my surgery.

Use of Assistive Devices

- Place a pillow between my legs when turning onto my side in bed.
- Use a walker or crutches. They will help me get around safely.
- Use an elevated toilet seat.
- I may use a tool to help me reach or grab things so I do not have to bend over.

I will be able to tell the staff how I will care for the incision after my surgery.

- Keep incision clean and dry. Do not put my leg under water until cleared by my doctor.
- Do not apply heat (heating pad, hot water bottle) to operative hip until cleared by my doctor.
- Do not use ointments, lotions or creams on my operative leg until cleared by my doctor.
- Wash my hands before touching my incision or bandage.
- Don't sleep with my pets. Keep them away from my incision and my bandage.
- Watch for signs of infection.
 1. Increased tenderness
 2. Swelling
 3. Drainage
 4. Fever
 5. Redness
 6. Nausea and vomiting

I will be able to tell the staff what I will eat to help me to heal from the surgery.

- Eat at least 2 servings of food rich in protein each day. Foods rich in protein include meats, chicken, turkey, fish, eggs, beans, peas, and peanut butter.
- Eat 3 servings of dairy foods rich in protein. Dairy foods that are rich in protein include yogurt, cheese and milk.
- Eat 5 servings per day of fruits or vegetables. These foods are rich in vitamins that will help my incision heal.

To help keep my bowels working normally while I recover from surgery, I can:

- Eat whole grain breads and cereals. Eat brown or wild rice instead of white rice.
- Add beans, peas, or lentils to soups and casseroles.
- Eat fresh fruits and vegetables.
- Drink plenty of fluids. Set a goal of 6 to 8 cups per day.

I will be able to tell the staff how I will manage pain from my hip surgery.

- Take pills for pain as ordered by my doctor
- Do not wait until the pain is too bad before taking my pills. The medicine may not work as well if I wait too long to take it.
- Call my doctor if I think my pills are not helping or if I feel I am having side effects.
- Check with my doctor or pharmacist if I have questions about my medicine.

Precautions with pain medications

- Do not drive when taking pain pills that make me drowsy
- Let my doctor know if I am taking aspirin or another blood thinner medicine.

I will be able to tell the staff how I will manage other issues I may have.

Use of TED hose

- I will wear elastic stockings (TEDS) as instructed by my doctor.
- Change and wash TEDS daily
- Use baby powder on my legs before I put on the TEDS
- Get help to apply TEDS. I will avoid wrinkles in the TEDS.
- I will wear sweat socks over the TEDS for more comfort.
- I will ask my doctor when I can stop wearing TEDS

Future visits to doctors and dentists

- Tell my other doctors about my hip surgery.
- I may need medicine to prevent infection before I have work on my teeth or other procedures. I will ask my doctor.

Use precaution in metal detectors

- Metal used in hip surgery may set off metal detectors at airports.

Driving Precautions

- I will not drive until my doctor gives the OK.
- I can talk to my doctor about getting a short term handicap-parking pass to use if I need it.

I will be able to tell the staff when I will contact the doctor's office or therapy.

Call my provider right away if:

- I have a fever.
- I am in uncontrollable pain.
- I become short of breath cough up blood or have chest congestion.
- I have calf pain.
- Call my doctor if I have shortening or swelling of my leg, a sharp increase in pain, or if I fall.
- I have excessive drainage from the wound.
- My leg has unusual swelling, warmth, or redness.
- I have chest pain.
- Call my doctor if I have bruising or a lot of bleeding.

Call during office hours if:

- I have questions about the procedure or its result.
- I need to make another appointment so my progress can be checked.
- Call the phone numbers listed on the front of the "Physical and Occupational Therapy Instructions for Total Hip Replacements"

Why is this important to me?

Following these directions will help me heal and keep me safe after surgery.

As part of my care and to help me understand hip replacement (posterior approach) surgery, I will receive:

- Hip Replacement (Posterior Approach) Education Plan
- Physical and Occupational Therapy Instructions for Total Hip Replacement

Hip Replacement (Posterior Approach) Education Plan

Resources for Staff

Teaching Tools (Items given to the patient)

- Hip Replacement (Posterior) Education Plan
- [Hip Replacement](#)- Nursing Reference Center Plus

Always close each teaching session with the question, “What questions do you have for me?”

References:

- [Hip Replacement](#)- Nursing Reference Center Plus
- Individual Physicians (Dr. Bernard Roehr, Dr. David Christ, Dr. Bruce Rowe, Dr. Kenneth Highhouse, Dr. Rober Highhouse, Dr. Alan Halpern)
- Cioppa_Mosca, J., Cahill, J., Cavanaugh, J.T., Corradi-Scalise, D., Rudnick, H., & Wolff, A.L. (2006) Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician, Mosby, Inc.

Approved by: Patient Education Council

Authored by: Education Services

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