

DR. NESSLER'S
DUAL INCISION TOTAL HIP ARTHROPLASTY
TECHNIQUE

SOME DO'S AND DON'TS WHEN YOU RETURN HOME FROM THE HOSPITAL.

IMPORTANT: IF YOU HAVE ANY OTHER SURGERY OR INVASIVE PROCEDURE (even dental work) YOU SHOULD TAKE AN ANTIBIOTIC MEDICATION. IF YOU DEVELOP A BACTERIAL INFECTION ANY PLACE IN YOUR BODY IT SHOULD BE TREATED PROMPTLY AND THOROUGHLY.

You should have been given instructions in physical therapy on walking, sitting, lying, and standing with your new hip. When you return home you should continue to follow those instructions until you see your orthopedic surgeon in the office. Don't forget, you have a new hip but it is not a "normal hip". More instructions regarding your care will be given to you at the end of your first visit to your surgeon after your return home from the hospital.

1. Do use your cane for the first 3 weeks.
2. Do exercise your new hip like the therapists showed you in the hospital.
3. Do walk as much as you can. This is important for your muscle recovery and helping to prevent blood clots.
4. Do take your blood thinning medication (coumadin) as directed.
5. Do wear the white elastic stockings during the day until you have finished your coumadin therapy.
6. When in bed you may sleep on either side or your back as you are comfortable. It is not necessary for you to have a pillow between your legs when sleeping on your side. Many people find that it is more comfortable, however.
7. Don't sit on low stools or chairs without arms as this will make it difficult for you to arise from the chair or stool in the beginning.
8. When you sit it is ok to cross your legs but do not force them to cross if it is uncomfortable.
9. Do not try to force you hip into more than 90 degrees of flexion (bending).
- 10. NO TUB BATHS**
11. Elevating your operative foot when sitting helps to reduce the amount of swelling. Walking is encouraged as long as the muscles are not becoming too sore.
12. Use only soap and water to clean your incision. Do not "scrub" your incision until all of the "scabbed" areas have fallen off. This will usually take about 3-4 weeks.
13. The day you leave the hospital you will be given an appointment to see Dr. Nessler at his office in approximately 3-5 weeks. Please be certain to keep that appointment.

If you have questions before your appointment call our office (320) 259-4100 and ask for Lois, Medical Secretary, Cindy, Research Assist, or Jerry, Orthopedic Assistant.