

## HOME CARE INSTRUCTIONS

# HIP REPLACEMENT

### 01 PHYSICAL ACTIVITY

- Gradually begin your daily activities, avoiding movements that require much effort or bending over, until you gradually recover your usual routine.
- Use a walker, crutches or cane from the first day, as indicated by your physician.
- Avoid standing for a long time, try to walk short distances taking care when supporting the operated limb.
- Stretch and bend your knee.

### 02 DIET

- Start with a liquid diet and gradually go back to your usual diet.
- Drink plenty of water and eat a lot of fruits.
- If you have diabetes or hypertension, continue your usual diet.
- Avoid smoking or drinking alcoholic beverages.

### 03 GENERAL AND WOUND CARE

- Continue with your daily bath routine with soap and water, preferably sitting, avoiding wetting the dressings that cover the wound.

**POST-SURGERY  
CARE**

February 2021

- Do not apply anything to the wound, it does not require cure.
- If the dressing gets wet, replace it with a clean, dry one.
- For the first 30 days, wear special stockings to prevent blood clots from forming on your legs, along with formulated anticoagulants.
- Sleep on your back. After a month, you will be able to sleep on your side.
- Keep your legs elevated when lying down.

## 04 MEDICATIONS

- Take your medication at the time and dose set by your physician.
- Continue with the medications indicated for the control of your underlying disease (diabetes, hypertension, etc.) as formulated.

## 05 APPOINTMENTS

- The surgeon will have to evaluate you approximately 10 a 15 days after your discharge.
- Request your follow-up appointment with your physician at **331 9090 ext. 7981.**

## 06 AVOID:

- Rotate or cross your legs when standing or lying down.
- Sit in very low chairs. These should be at least as high as your knee.
- Walking on slippery surfaces.
- Prolonged bed rest, to prevent circulatory problems.
- Bend too far forward or lift your legs beyond waist height.