

## **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 how:

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

**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 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

- Use an elevated toilet seat.
- Do not bend 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.
- I may use a tool to help me reach or grab things so I do not have to bend over.
- Take a shower (if the doctor allows) or a basin bath. I cannot sit on the bottom of the tub.
- 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.
- 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 the exercises ordered by the doctor or therapists.
  - Ankle pumps
  - Heel slides
  - Hip abduction
  - Gluteal sets
  - Short arc quads

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

- Keep the incision clean and dry.
- Change the dressing as ordered by my doctor
- Do not use ointments, lotions or creams on or around your incision
- Call my doctor if there is a sign of infection.

Increased tenderness

Swelling

Drainage

Fever

Redness

- Wash my hands before touching my incision or bandage.
- Don't sleep with my pets. Keep them away from my incision and my bandage.

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

- 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.
  - Choose fresh fruits and vegetables more often.
  - Drink plenty of fluids. Set a goal of 6 to 8 cups per day.
- To help my incision heal, I can:
  - Eat at least 2 servings of food that is 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 that are rich in protein. Dairy foods that are rich in protein include yogurt, cheese and milk.
  - Eat 5 servings per day of fruits and/or vegetables. These foods are rich in vitamins that will help my incision heal.

I will be able to tell the staff how I will manage the pain from my 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.
- Do not drive when taking pain pills that makes me drowsy
- Call my doctor if I have bruising or a lot of bleeding.
- Call my doctor if I am taking aspirin or another blood thinner medicine
- Check with my doctor or pharmacist if I have questions about my medicine

I will be able to tell the staff how I will manage other issues I may have with my hip surgery.

- Call my doctor if I have calf pain, chest congestion, or breathing problems.
- Call my doctor if I have shortening or swelling of my leg, a sharp increase in hip pain, or if I fall.
- I will wear elastic stockings (TEDS) as instructed by my doctor.
  - i. Change and wash TEDS daily
  - ii. Use baby powder on my legs before I put on the TEDS
  - iii. Get help to apply TEDS. I will avoid wrinkles in the TEDS.
  - iv. I will wear sweat socks over the TEDS for more comfort.
  - v. I will ask my doctor when I can stop wearing TEDS
- 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.
- Metal used in hip surgery may set off metal detectors at airports.
- Make and keep my doctor appointments so my progress can be checked.
- I will not drive until my doctor gives the OK.
- I can ask for a handicap parking pass from my doctor's office.

I will be able to tell the staff how I will call the doctor's office or therapy.

- Call the phone numbers listed on the front of the "Pre-op PT/OT Hip Replacement Instructions".

### **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 may receive:

- Hip Replacement (Posterior Approach) Education Plan
- Pre-op PT/OT hip replacement instructions