

Direct Anterior Approach Hip Arthroplasty



Interior Health
Every person matters

Patient Discharge Information

www.interiorhealth.ca

This information sheet contains instructions on how to care for yourself after your direct anterior approach hip arthroplasty.

the ice. Never allow the ice to come in direct contact with your skin.

After receiving anaesthesia, you are considered legally impaired for 24hr therefore:

- You **SHOULD NOT** sign any legal documents or make any important decisions for 24hrs
- You **SHOULD NOT** drink alcohol and should be cautious when taking medication/drugs that may increase drowsiness for 24hrs

Pain

Most patients who have had the direct anterior approach experience less pain compared to traditional hip surgery. Nevertheless, it is important to manage your pain.

- Do not wait until the pain is bad; take some type of pain medication every 4 to 6 hours for the first few days.
- Ensure that you fill your prescription for pain medication so it is available when needed.
- Take pain medication based on your current pain level.
 - » If your pain level is 4 or less out of 10, start with Tylenol or Ibuprofen (take the recommended dose on the bottle)
 - » If your pain level is more than 4 out of 10, take the prescription pain medication as directed.
- If you were told by your surgeon, apply ice to your hip for 15–20 minutes every 4–6 hours as needed. To avoid frostbite, place a piece of clothing or thin towel between your skin and

Activity

- Follow the exercise pamphlet and activity instructions that you were given by the Physiotherapist.
- Follow the instructions in the Before, During & After Direct Anterior Approach Hip Replacement Surgery booklet.
- Gradually increase your activity as tolerated. Rest frequently.
- Do not drive for 6 weeks after surgery. Check with your surgeon before you begin to drive. Pain medication may cause drowsiness so ensure you are alert when driving.

Diet and Bowel Function

- If you are feeling sick to your stomach (nausea), drink clear fluids only. Slowly, resume your normal diet.
- You should have a bowel movement a few days after surgery. The surgery, the anesthetic and the pain medications may cause constipation. It is important that you take measures to prevent constipation.
 - » You should drink 6 to 8 glasses of non-caffeinated fluids per day.
 - » You should eat high fibre foods such as fruit, vegetables, bran and whole grains or take fiber supplements.
 - » You can take a laxative of your choice or consult a community pharmacist.

more information on other side →

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|---|------------------|----------------|---------|---|
| Healthlink BC Call 8-1-1 www.healthlinkbc.ca | Nurse | 24 hours a day | Daily | Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication. |
| | Dietitian | 9 am–5 pm | Mon–Fri | |
| | Pharmacist | 5 pm–9 am | Daily | |
| | Hearing Impaired | Call 7-1-1 | | |

Direct Anterior Hip Arthroplasty (continued)

Dressing and Incision Care

DO NOT soak in a bathtub, pool, hot tub until you are told to do so. This is usually after the incision is completely healed.

There are three ways your incision can be closed: with glue, staples, or sutures. Before you go home, ask your nurse how your incision was closed and follow the related instructions below:

If glue was used:

- You may shower on Day 1. Don't rub or wash over the glue. Do not cover the glue with a dressing.
- Gently pat dry area after your shower.

If staples/sutures were used:

- Your incision will be covered by a dressing on discharge. If there is some bloody drainage on your dressing, reinforce it with another layer of dressing/bandage. Do not remove initial dressing for 48 hours after discharge.
- Ask your nurse/surgeon when you can shower. Before showering remove the dressing. After your shower pat the area dry with a clean towel (do not rub) and replace the dressing if needed.
- If you have staples, they will be removed 10–14 days after your surgery by a healthcare professional. See your patient discharge plan for specific instructions on staple removal.
- If you have sutures, they will dissolve slowly as your incision heals. Discuss any concerns you have about your sutures at your follow up appointment with your surgeon.

At Your Follow-Up Appointment With Your Surgeon

- Confirm when you will be able to drive.
- Confirm when you will be able to take a bath, go swimming etc.
- Discuss any concerns about your incision

Other Instructions

- Aspirin is usually prescribed after surgery as a blood thinner. Take blood thinners and antibiotics for the full length of time your surgeon has ordered them.

NOTIFY YOUR DOCTOR:

- If you have bleeding that soaks through after dressing reinforcement.
- If your incision opens and you can see the tissues below the skin.
- If you have persistent nausea or vomiting.
- If you have increased redness, inflammation, swelling or drainage at/around your incision.
- If you develop a fever (38°C or 100.4°F), chills, or flu-like symptoms.
- If you are unable to pass urine for 8 hours and are uncomfortable.
- If you develop chest pain or shortness of breath.
- If you develop pain, swelling or redness in your lower legs.

WHO TO NOTIFY:

- During office hours call your family doctor or surgeon.
- **If outside of office hours go to the nearest Emergency Department for assessment.**

FOR GENERAL INFORMATION OR QUESTIONS:

Please phone the BC NURSE LINE at 811. A Registered Nurse is available 24 hours a day, 7 days a week.