

Dr. Thomas X. Nguyen, MD's
Total Hip Replacement Protocol

- Patient ambulates day of surgery and morning after surgery.
- Patient is to bear full weight, use walker for balance/assistance for the first week and as needed thereafter.
- Patient will go home on the day of surgery or postoperative day #1 (unless medical issues prevent discharge).
- Abduction pillow in between legs while sleeping until patient feels comfortable not to cross legs.
- Posterior hip precautions for 3 months (Avoid internal rotation, adduction over the midline, and flexion past 90 degrees).
- Mesh covering is used for skin closure. Can shower. **DO NOT USE MEDIPORE/PRIMAPORE/AQUACELL** or any other **type of tape**.
 - If allergic reaction to mesh: Benadryl 25 mg oral in the evening, Medrol dose pack for a week, Fluocinonide 0.05% cream apply sparingly twice a day until reaction resolves.
- Staples used only for previous incision. Can shower with Primapore dressing covered over the incision. Blot incision dry with a clean towel and place new dressing after shower.
- No drains used (unless infection present).

Medications:

- Aspirin 81 mg every 12 hours x 14 days to decrease risk of blood clots, unless otherwise directed.
 - Eliquis 2.5 mg every 12 hours for 4 weeks if you have a history of blood clots.
 - Eliquis 2.5 mg every 12 hours for plane rides within 90 days after surgery.
- Cefadroxil 500 mg oral every 12 hours x 7 days to prevent infection.
- Tranexamic acid 3 tablets, each tablet 650 mg, daily for 4 days starting evening of surgery to decrease blood loss.
- Ketorolac 10 mg every 6 hours as needed for moderate pain.
- Percocet 5/325 mg every 4-6 hours as needed for severe pain.

Home health:

- RN for wound management/dressing changes, remove mesh covering postoperative day 14 and apply steri-strips across incision (if patient cannot come to office).
- No PT needed. Home Evaluation/gait training only.
- HIP PRECAUTIONS:

- **Avoid internal rotation, adduction over the midline, and flexion past 90 degrees**
- ***Notify our office if abnormal/persistent drainage from incision***

Activity

- Posterior hip precautions for 3 months (Avoid internal rotation, adduction over the midline, and flexion past 90 degrees).
- 1st month: walk on level ground.
- 3rd month: can start light weights and exercise bike.
- No driving for 2 weeks if the right side was performed.

Dental Work

- Wait 90 days postoperatively for dental procedures.
- Premedicate with Amoxicillin 2 g within 60 minutes of dental procedure. If allergic to penicillin, take Clindamycin 600 mg.