

# **Orthopaedic Specialist of Texas**

1201 Brooks Street Sugar Land, Texas 77478  
281-690-4678

*Carl A. Hicks, M.D.*

## **Total Hip Replacement**

### ***Before Surgery***

1. You may need to schedule an appointment with your primary care physician to get preoperative clearance. If you are taking a blood thinner please notify your doctor that you have been advised to stop the medication prior to surgery to make sure there are no contraindications to doing this.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex up until your surgery day.
3. Do not eat or drink anything after midnight the night before surgery.
4. Do not use any lotion or moisturizer on the area that will be operated on.
5. Please arrive at the hospital at the specified time.
6. Be prepared to stay in the hospital at least three days. Depending on how you are doing you may need to go to a rehabilitation facility before going home.

### ***After Surgery***

1. Bandages may be change in the hospital 2 days after surgery. Continue to bandage area until incision stops draining. You will need to keep the incisions dry for one week.
2. Perform exercises as instructed by Physical Therapist on a daily basis.
3. You need to be aware of total hip precautions for 6 weeks after surgery. Physical Therapist will go over these in hospital.
4. You may walk with a walker putting full weight as you can tolerate on the hip that has been replaced.
5. Continue to wear the TED stocking hose that you were given for the first week to help prevent blood clots.
6. You may start taking all of your previous medications after surgery.
7. You will return to the clinic in 7- 10 days after your surgery to get your staples removed and for a post-operative check up unless you are in a rehab facility. At this visit we will set you up in outpatient physical therapy.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.