

Zhinian Wan, M.D.
3737 Martin Luther King Jr. Suite 404
Lynwood, CA 90262
Phone: (424) 213-4290 Fax: (424) 213-4295

Take Home TOTAL HIP Replacement Instructions

You may shower, but first, coat the incision with antibiotic ointment (any brand), cover with gauze and then with plastic (saran wrap) to make the area waterproof. Remove the dressing after your shower, allow the incision to dry and then cover with gauze.

Wear the TED hose daily for 4 weeks, you may take the hose off at night.

Use an ice pack as needed. You may have bruising that extends from your buttock down to your foot.

Perform the exercises that were given to you in the hospital. Continue with the restrictions regarding your hip replacement. Continue to walk. You may start riding a stationary bicycle whenever you like. Set a very low resistance on the bike. This is an excellent exercise for range of motion of the hip. You may begin lower body weight lifting at 12 weeks and upper body weight lifting when you feel up to it.

You will have some low grade temperatures, possibly up to 100 degrees Fahrenheit. If you have temperatures greater than 101 degrees Fahrenheit that does not respond to Tylenol or returns then please call the office.

You may have bruising that extends from your buttock to your toes and possibly into the genitalia. The bruising usually does not appear for a few days and slowly becomes more apparent. The bruising may take several weeks to completely disappear.

If you have problems with constipation you may use over the counter stool softeners or laxatives.

Your sleeping cycle can take up to 12 weeks to return to normal. We do not advise the use of sleeping pills for prolonged periods of time due to dependence or rebound insomnia.

If you have had your RIGHT hip replaced it is recommended that you wait 6 weeks to drive. You must be able to fully control your leg and be able to react in an emergent situation. If you have an automatic transmission, you may drive sooner with a LEFT hip replacement. You must feel comfortable and confident driving and not have any Narcotics in your system while driving.

Your staples or sutures should be removed at 10 to 14 days from the surgery day.

Call the office 424 213 4290 for a post-op appointment.

PAIN MEDICATIONS WILL NOT BE REFILLED AFTER OFFICE HOURS INCLUDING WEEKENDS.