



**VALLEY**  
BONE & JOINT  
SPECIALISTS

**Post Operative Instructions**  
**Partial or Total Hip Replacement**

Ice and elevate frequently for pain and swelling, before and after activity

Exercise your ankle frequently when resting

Change dressing daily as needed with Hydrogen Peroxide

Take your pain medication as prescribed

Resume your regular home medications unless otherwise instructed

Resume your regular diet

Use a walker or crutches for ambulation

Walk daily increasing to tolerance

You may ambulate with 50% weight on the operated side/ weight bearing as tolerated

Follow your hip precautions as directed in the hospital, use chair with arms, no bending at the waist more than 90 degrees

Call for an appointment for staple removal in 10-14 days after the day of surgery if not already done

Home health care arrangements will have been made on your behalf prior to leaving the hospital or rehab facility. If you are not contacted in 1-2 days, please contact the office so we can expedite your arrangements for home care and therapy

You should have received Lovenox injections for a period of 10 days after the hospital

Any problems call the office at (480) 969-3531 or go to the nearest emergency room

3941 E. Baseline Rd. Suite 102 Gilbert, AZ 85234 | 3501 N. Scottsdale Rd. Suite 221 Scottsdale, AZ 85251