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Post-operative Hip Resurfacing Guidelines

WEIGHT BEARING

- After your Hip Resurfacing surgery, please weight bear with active toe-touch (WBAT) with crutches for 6 weeks.

FIRST POST-OP CLINIC APPOINTMENT

- Please make sure you have scheduled your first post-op clinic visit with us, 2 weeks after your surgery.

RESTRICTIONS AND ACTIVITY GUIDELINES

During the immediate post-op time frame, it is imperative that you allow the surgical repair to heal. Therefore, please adhere to these guidelines:

- Avoid hip flexion greater than 90 degrees, internal rotation, figure 4 sitting, for 6 weeks.
- Avoid straight leg raises for 6 weeks
- Back to work in 3 weeks

PHYSICAL THERAPY

- Please plan ahead, and schedule your PT appointments in advance, (even prior to your actual surgery date.)
- You can begin formal PT 4 weeks after your surgery, and not until after your first post-op appointment. But please, start these formal sessions no later than the beginning of post-op week 7.
- Once you start PT, plan on attending two appointments per week for 8-12 weeks; plan accordingly and schedule early!

DRESSINGS

- You may change the outer dressing (clear Tegaderm and gauze) if wet or soiled. Please do NOT remove the tape strips/steri-strips that are directly over your incisions. You may add more steri-strips on top of the original steri-strips that were placed at the end of your operation, but do not remove the original steri-strips.
- At your first post-op visit (2 weeks), we will remove your steri-strips, and new steri-strips will be placed over the incisions. Allow these new steri-strips to peel off over the next 5 days, or remove them after this time period.

SHOWERING

- You may shower 72 hours after your surgery, but cover your surgical site to avoid getting your incisions wet.
- Do NOT immerse in a tub or pool until we clear you for immersion after we see you at your first post-op visit. We will likely allow immersion only three to four weeks after your operation.

MEDICATIONS (POST-OP)

- Aspirin - 325 2 times a day for 6 weeks.
- SCD when in hospital
- Lovenox- may be asked to self-inject for 14 days after surgery.
- Metal levels will be required to be tested yearly.