

Hip Replacement (Anterior Approach) Education Plan

Getting Ready to Learn About Hip Replacement

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review the following information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days.

What I Need to Learn About Hip Replacement

By the time I leave the hospital; I will be able to tell the staff how:

1. To be active and be careful following hip surgery.
2. To care for the wound following hip surgery.
3. To eat in order to heal from hip surgery.
4. To manage pain from hip surgery.
5. To manage other issues patients with hip surgery may have.
6. To contact the doctor's office or therapy with questions.

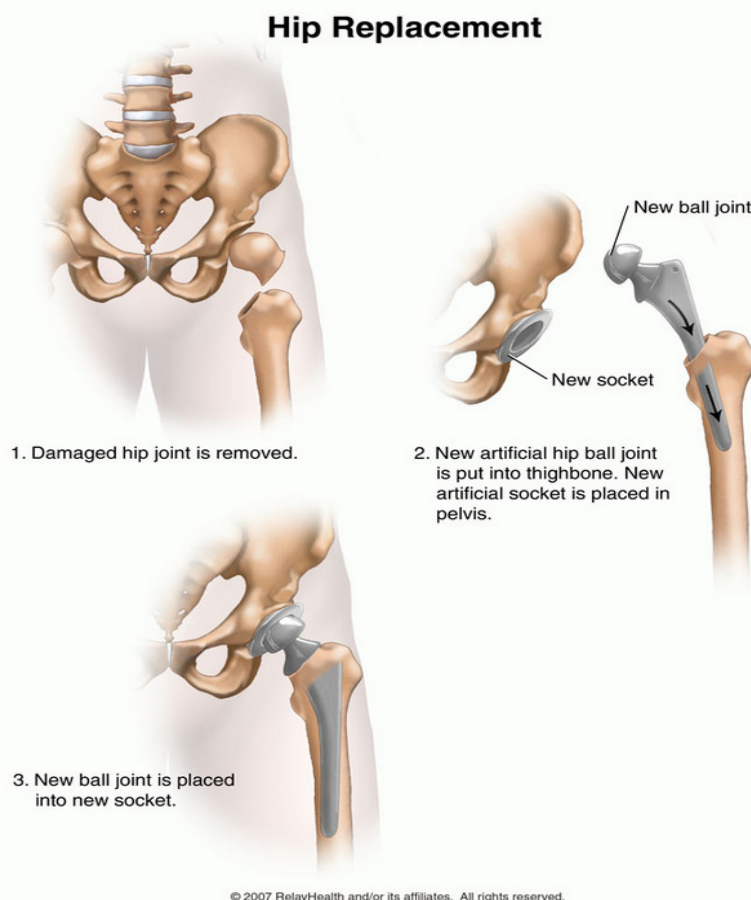
The staff will use three questions and answers to teach me about Hip Replacement (Anterior Approach):

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask you to repeat back important points in your own words, or ask you to show what you have learned. They want to make sure that you know about your disease and how to take care of yourself.

What is my main problem?

I have just had or am having surgery on my hip. Hip replacement surgery is a procedure done to remove a painful hip joint and replace it with an artificial hip joint. I need to know what to do to get well after total hip replacement surgery.



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What do I need to do?

I will be able to tell the staff how I will be active and be careful following hip surgery

- Use an elevated toilet seat if desired for comfort.

- Do not do exercises that swing my leg away from my body. It is OK to move my leg away from my body to get out of bed.
- Do not move my total hip replacement leg (with toes pointing out.)
- Do not bring my total hip replacement leg inward across midline – do not cross my legs.
- Place a pillow between my legs when turning onto my side in bed.
- When rolling from my back to a side, roll towards my operative leg.
- It will help to keep the bedside table and phone on the same side of the bed as the total hip replacement leg if possible. For example: for right hip surgery, put items on the right side of my bed.
- Use a walker or crutches as instructed by my therapist. They will help me get around safely.
- Do the exercises as the doctor or therapists have told me. (See patient handout).
 - o Begin these exercises the day after surgery. Some of them I may have already been doing, as instructed, before my surgery.

I will be able to tell the staff how to care for the wound following hip surgery.

- Keep incision clean and dry.
- Do not use ointments, lotions or creams on or around my incision
- Notify my doctor if there is a sign of infection.
 - Increased tenderness
 - Swelling
 - Drainage
 - Fever
 - Redness
 - Nausea and vomiting

I will be able to tell the staff how to eat in order to heal from hip surgery.

- To help keep my bowels working normally while I recover from surgery, I can:
 - Eat whole grain breads and cereals. Eat brown or wild rice instead of white rice.
 - Add beans, peas, or lentils to soups and casseroles.
 - Choose fresh fruits and vegetables more often.
 - Drink plenty of fluids. Set a goal of 6 to 8 cups per day.
- To help my incision heal, I can:

- Eat at least 2 servings of food that is rich in protein each day. Foods rich in protein include meats, chicken, turkey, fish, eggs, beans, peas, and peanut butter.
- Eat 3 servings of dairy foods that are rich in protein. Dairy foods that are rich in protein include yogurt, cheese and milk.
- Eat 5 servings per day of fruits and/or vegetables. These foods are rich in vitamins that will help my incision heal.

I will be able to tell the staff how to manage pain from hip surgery.

- Take pills for pain as ordered by my doctor
- Do not wait until the pain is too bad before taking my pills. The medicine may not work as well if I wait too long to take it.
- Call my doctor if I think my pills are not helping or if I feel I am having side effects.
- Do not drive when taking pain pills that makes me drowsy
- Notify my doctor of bruising or extensive bleeding
- Notify my doctor if I am taking aspirin or other blood thinner medicine
- Check with my doctor or pharmacist if I have questions about my medication

I will be able to tell the staff how to manage other issues patients with hip surgery may have.

- Notify my doctor of calf pain, chest congestion, or breathing difficulties
- Notify my doctor of shortening or swelling of the leg, sharp increase in hip pain, or if I fall.
- Wear elastic stockings (TEDS) as instructed by my doctor.
 - Change and wash TEDS daily
 - Use baby powder on legs prior to applying TEDS
 - Get help to apply TEDS. Avoid wrinkles.
 - Wear sweat socks over TEDS for increased comfort.
 - Ask my doctor when to stop wearing TEDS
- Tell other doctors about my hip surgery.
- I may need medicine to prevent infection before work on my teeth or other procedures. Ask my doctor.
- Metal used in hip surgery may set off metal detectors at airports.
- Make and keep meetings with my doctor so progress can be checked.
- Do not drive until told I can by the doctor.

- It might be helpful to get a handicap parking pass from my doctor's office.

I will be able to tell the staff how to contact the doctor's office or therapy.

- Call the phone numbers listed on the front of the "Pre-op PT/OT Hip Replacement Instructions"

Why is this important to me?

These directions will help me heal and keep safe after surgery.

As part of my care and to help me understand hip replacement (posterior approach) surgery, I may receive:

- Hip Replacement Surgery Education Plan
- Pre-op PT/OT hip replacement instructions (Physician specific)