

General Information about your recovery following hip replacement using the Anterior Approach:

1. You will initially start **walking** with the physiotherapist who will use a walking frame for support and then when you are confident you will progress within 24-48 hrs onto crutches and then down to one crutch or a cane within 48-72 hrs. **Use one crutch in opposite hand for 4 weeks**
2. **Hip Precautions:** There is NO need for a raised toilet seat or high chairs with the anterior approach. There is NO restriction on the amount of hip flexion you do (bending) as the joint is very stable. You can lie on the opposite side anytime and on the operated side after 1 to 2 weeks
3. **Physiotherapy** and muscle strengthening after surgery through the Anterior Approach is not that difficult and many occasions patients are happy with the instructions we give on how to strengthen muscles and do these exercises at home.
4. **Discharge Medication:** Patients are given medication for pain relief when they leave hospital. In addition I recommend taking 10mg Xeralto every day for 4 weeks to thin the blood and prevent DVT's. You can stop Xeralto after 10 days Post Op and CHANGE to Aspirin 100mg daily for a further 21 days instead of taking 4 weeks of Xeralto. Mobility is the key to preventing DVT's.
5. **The Wound:** The surgical wound is closed with absorbable sutures and a special glue. An extra waterproof dressing is on top. Keep the wound dressing on for a total of 2 weeks from the day of surgery. The dressing is waterproof for showering (not bathing or swimming). At 2 weeks peel the dressing off. There is no need for further dressings and you can now wet the wound directly. It is normal to feel **numbness** on side of wound and outer thigh for a few months after surgery.
6. **Driving:** You are free to drive as soon as you feel comfortable (Anterior Approach advantage). This usually is around 10 days after surgery. Start off by sitting in the car and ensuring you can use the brake and accelerator comfortably and then do a short drive in your neighbourhood together with another driver. Do not drive if you have taken opioid medication on the during the day such as Palexia or Endone.
7. **Swimming:** You are able to get into a swimming pool 3 weeks after surgery with no wound covering. You can start hydrotherapy 1 week after surgery provided the hydrotherapist (usually inpatient) places extra waterproofing on the wound.

Wishing you a speedy recovery. Contact the office if any major concerns and make an appointment to see me in 6-7 weeks after the surgery.

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