

Things to focus on immediately after your total hip replacement

The most common reason that people have trouble with their recovery after a SuperPATH total hip replacement is if they overdo their activity too soon after surgery. Here are some tips about what to do and NOT do after your surgery. My goal is for you to be pain free 6 weeks after surgery.

1. You should use a walker, cane, or crutches for at least 3 weeks if you are under 70 and 4 weeks if you are 70 and over. Those that “cheat” and go without a walking aid too soon wobble more when they walk and then they get more bursitis and tendonitis issues which can double or triple the length of your recovery.
2. If your RIGHT hip was replaced, you can't drive for 3 weeks if you are under 70 and 4 weeks if you are 70 and over as your reflexes will not allow for safe control of a motor vehicle before that time. If your LEFT hip was replaced, you can drive when you are off any narcotic pain medication (Tramadol, Oxycodone, Dilaudid, etc...)
3. Initially you should be up for 5-10 min and then resting for 30 minutes. You can start to do more after 2 weeks, but you shouldn't walk a mile until the 4th week and you shouldn't go past one mile until after 6 weeks.
4. You can put your hip in any position of comfort. You can do stairs with a cane and a railing immediately. There are no restrictions with regard to flexing your hips or crossing your legs (unless I did extra work on your hip tendons).
5. You can shower the day after surgery AFTER you have consumed at least 2 liters of fluid. Your blood vessel “tank” will be a bit dry for the first few days and if you were to jump right into the shower the day after surgery without first getting hydrated, you will pass out.
6. Ice is your best friend and can manage about half of your pain. Don't get frostbite. (it happens!)
7. The dressing does not need to be changed and can get wet in the shower. We will take it off for you at the first post-op visit.
8. No dental work of any kind until 3 months after surgery unless it is an emergency.
9. No jumping or jarring activities such as pickleball or tennis or even jumping out of a tall truck until 3 months after surgery. The bone has to grow into the metal and we don't want to disturb that process until it is solid.