



Bradley C. Daily, M.D.
Byron L. Grauerholz, M.D.
Gary L. Harbin, M.D.
Todd M. Herrenbruck, M.D.
Jeffrey L. Horinek, M.D.
Michael J. Johnson, M.D.
Levi W. Kindel, M.D.

Jennifer L. Alexander, APRN
Eric Jusko, PA-C, ATC
Lindsay Newton, PA-C
Amber Sawyers, PA-C, ATC

Levi W. Kindel, M.D.

TOTAL HIP REPLACEMENT INFORMATION

- Your lab and all testing will be done ahead of time in Salina, if at all possible.
- Follow instructions given by the office in regards to stopping your blood thinning medications
- Do not eat or drink anything after midnight prior to surgery.
- Please take a bath or shower the morning of surgery.
- Please bring any necessary medical equipment with you (crutches, walker, CPAP etc)
- You may be contacted by our office to obtain crutches or a front 2 wheeled walker if needed.
- Bring a good walking shoe.
- Wear comfortable, loose fitting clothes and bring personal hygiene items with you.
- Bring a list of your medications to the hospital.
- You will be admitted to the hospital 2 hours before surgery. Anesthesia will visit with you at this time. Surgery will last about 1 hour.
- Preventative measures to avoid complications include:
 - IV antibiotics to prevent infection.
 - Clean air flow room to prevent infection.
 - Deep vein thrombosis prevention with Lovenox in the hospital and Aspirin 325mg daily for 6 weeks. Early walking and foot compression pumps in the hospital.
 - No flying for 6 weeks post-op.
- Your hospital stay will be 1-2 days. You will then go home or be transferred to Rehab for 4-5 days if warranted.
- You will have staples for 10-14 days. Showering is permissible. An appointment will be given to return to our office for staple removal.
- Avoid sitting in low, soft chairs. You may sit in a recliner.
- Physical therapy will assist you with exercises, rehabilitation and limitations post op.
- You may need to purchase a shower chair, raised toilet seat, grab bars, 32" reacher, shoe horn, sock aid, or other assistive devices.
- Pain pills will be provided for one month. You may need to take a stool softener with the pain medications.
- You will need a driver when dismissed from the hospital.
- Please let your dentist know that you have had a total joint replacement. If dental work is needed, the dentist will want to give you an antibiotic to prevent infection. This will need to be done for the rest of your lifetime.
- Teeth need to be in good repair prior to your surgery.
- We ask that you not have dental work for (5-6) five to six months following surgery.
- Please do not drive for 4-6 weeks following surgery as general recommendation but if you are not taking narcotics during the day and can safely operate a vehicle you may drive sooner.
- For more information on your surgery and diagnosis, go to <http://orthoinfo.aaos.org>

ALL NARCOTIC PRESCRIPTION REFILLS NEED TO BE ELECTRONICALLY FAXED. PLEASE CALL FOR A REFILL 48 HOURS BEFORE YOU WILL RUN OUT OF MEDICATION!