SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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🦴 Your Hip Replacement Recovery Guide

🌞 Welcome to the Healing Phase!

You did it — your surgery is complete! 🎉 Now let's get you healing strong, moving safely, and feeling better each day. This guide will walk you through what's normal, what's not, and how to take care of your new hip with confidence.

💥 What's Normal After Surgery

Don't panic if you feel a few of these things — they're *signs your body is healing!*

- Mild pain or soreness around the incision
- A little redness or puffiness (it should fade soon)
- A sore throat or raspy voice from the breathing tube
- Itching near your incision (yes, it's annoying — but normal!)
- Pain around **3–6/10** with medication
- Some stiffness when standing up or moving from bed to chair.

  🕓 *All of this improves little by little — give your body grace!*

💊 Your Med Buddy Lineup

Here's what each prescription is doing for your comfort squad:

Medication	Why You Have It 💡
Hydrocodone	Pain control — use as needed, then taper off
Colace	Keeps things moving (pain meds can cause constipation!)
Mobic	Fights inflammation + swelling
Gabapentin	Soothes nerve pain without the grogginess
Zofran	Stops nausea before it starts

💡 **Pro tip:** Take your pain meds before bedtime to sleep better.

💧 **Pro Tip:** Stay hydrated, take short walks, and eat fiber — it's the magic combo for recovery.

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🩹 Incision TLC/ Daily Care Routine

- Your incision is sealed with **surgical glue (Dermabond)** that looks like mesh on your skin. It'll **fall off on its own in 2–3 weeks** or be removed at your 2-week visit.
- **Shower time!** You can shower **3 days after surgery.**
  - Your post-op dressing is waterproof!
  - Water is fine — just no soaking, tub baths, or swimming yet.
- **No ointments or fancy creams!** Mild soap (like Dial) and water are perfect.
- Blisters or irritation from tape? Stop using it and let us know.

💜 **If the tape itches or blisters, call us and send our email a pic so we can better asses.**

🚶 Move Smart — The "Do's and Don'ts"

Think of week one as *part two of your hospital stay*. Healing takes time!

✅ **Do:**

- Walk as much as you comfortably can.
- Elevate your leg to chest level to reduce swelling.
- Sleep however you're comfortable — side, back, whatever feels best.
- Use a walker for balance, not to take weight off your leg.
- Keep things moving — stand up, stretch, or change positions every 50 minutes.
- Take short walks every 1.5–2 hours while awake to keep blood flowing and prevent clots.

🚫 **Don't:**

- Drive for 2 weeks (and never while on pain meds).
- Sit or stand still for too long.
- Push yourself too hard — pain means pause.
- Schedule dental work within 2 weeks before or 4–6 weeks after surgery.
- Submerge your wound (no pools, hot tubs, lakes, or baths).

💡 *Tip:* Doing outpatient PT/ home therapy — will help you get your strength and motion back faster!

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🧊 Cool It — Literally

Ice is your new BFF. It helps swelling and soreness.

- Wrap your ice pack in a towel (no direct skin contact).
- Ice for **20–30 minutes**, **4 times a day**.
- Too much cold = more pain — 30 minutes max per session!

💩 Let's Keep Things Moving

Constipation can happen thanks to pain meds. Here's how to outsmart it:

🍎 Eat fruit, veggies, and fiber
💧 Drink lots of water
🚶 Take gentle walks
💊 Use Colace daily while on pain meds
⏰ If you still haven't gone by day 3, use **Dulcolax, Miralax, or Milk of Magnesia.**

🚨 When to Call Us

Reach out right away if you notice:

- Worsening redness, swelling, or heat near the incision
- Drainage (especially yellow, green, or smelly)
- The incision edges separating
- Fever above **101.5°F**
- New bruising or pain that's suddenly worse

💌 Email usually gets the fastest response!

🚑 Call 911 or Go to the ER If:

- You have trouble breathing or chest pain
- You develop a severe headache
- Your calf feels tight, swollen, or painful

🌈 Final Thoughts

Healing takes *patience* — muscles, bones, and nerves all need time. You might not feel 100% right away, but steady progress is the goal. Celebrate the small wins, You've got this — and we've got you!