

Dr. Matthew L. Hansen, MD

Sports Medicine and Shoulder Specialist

480.964.2908 - ● - hansenportsdoc.com - ● - OrthoArizona

POST-OPERATIVE EDUCATION: HIP FRACTURE REPAIR

WEIGHT BEARING & BRACE: This is dependent on the procedure performed:

Femur Intramedullary Nail: Advance weight bearing as tolerated. You will use crutches or a walker as you regain your strength. We DO want you to be up and around at home as much as possible after surgery.

Hemiarthroplasty: A special pillow should be worn between your legs for the first 2 days while in bed. Remove this pillow to get out of bed. Advance weight bearing as tolerated. You will use crutches or a walker as you regain your strength. We DO want you to be up and around at home as much as possible after surgery.

Percutaneous Pinning: You will use crutches or a walker following surgery. Your weight bearing is dependent on the nature of the fracture (displaced versus stress). Please refer to instructions given in the hospital or call your surgeon for clarification.

MOVING YOUR HIP:

It is OK for you to start moving your hip right away. You should start in formal physical therapy within a few days of your surgery.

LEG EXERCISES:

You will learn exercises in Physical Therapy, which should start within 3-5 days of surgery. If you do not have an appointment, please call your therapist or our office at (480) 964-2908. Your surgeon may choose to have you hold therapy depending on the procedure performed.

ICE:

Please note that with the dressings placed during surgery, you may notice decreased benefit from the ice. Use as needed and if you notice benefit. Ice is most helpful in the first 3 days after surgery, but can help up to 2 weeks after surgery. We do not recommend that you use heat, as this can increase swelling.

If you chose to purchase a commercial ice machine, please use it according to manufacturer's recommendations.

If you chose not to purchase an ice machine, you may use a commercially available ice bag or fill a large plastic bag with ice and water. (Do not place a plastic bag directly on your skin, but place a towel on your hip in between your skin and the ice bag.) You can ice your hip 20 minutes on and 20 minutes off throughout the day. Do not ice your hip longer than 30 minutes at a time, as this can cause frost bite.

BANDAGES:

You may remove your bandages and shower three days after surgery. If you have white Steri Strips, DO NOT remove them. It is OK to get your incisions wet after the bandage is removed, but it is very important not to soak the incision underwater (no bath, pool, hot tub etc...) for 3 weeks. It is OK to wash the incisions gently with soap and gently pat dry with a towel. Do not place any lotion or other ointment on your incisions. You may cover them with Band-Aids for comfort if they catch on your clothing.

MEDICATIONS:

Narcotic pain medicine (such as Oxycontin – long-acting oxycodone, Percocet – oxycodone, Norco – hydrocodone, or Tylenol#3 - Codeine): We will prescribe a different medication if you cannot take these. Take this AS NEEDED only. Do not take additional Tylenol (also called acetaminophen) with these medicines, as they already have Tylenol in them. You may SUBSTITUTE Tylenol for a narcotic pill if you choose to. Be certain that you do not exceed the maximum Tylenol dose as noted on the Tylenol bottle.

Zofran (ondansetron): You may take this medication if you are having nausea or vomiting.

Robaxin (methocarbamol): This muscle relaxer may help with spasms experienced commonly after hip surgery.

Stool softener: Pain medicines often cause constipation. It is best to take most of this medicine with some food, as it can cause a little stomach upset.

*Please do not take NSAIDs such as Ibuprofen or Motrin, as these may slow healing of bone and tendon.

You should take Aspirin following surgery to help prevent a blood clot. Take one full-strength pill (325 mg) twice a day. If you are unable to take Aspirin, you should take another blood thinner. Discuss this immediately with your surgeon. You should also wear the compression stockings that were placed on you following surgery

FOLLOW-UP APPOINTMENTS:

You should have a **follow-up appointment** with your surgeon in about 2 weeks if you stay overnight in the hospital. If you do not stay in the hospital, you will have an additional visit with the Physician's Assistant within a few days of your surgery. Call (480) 964-2908 right away if you do not have an appointment already scheduled. We will check your incisions and remove any sutures at the 2-week visit. We will also answer any specific questions you may have about your surgery.

CALL OUR OFFICE at (480) 964-2908 with any urgent or emergent questions or concerns that you may have, or if you develop swelling in your leg with calf pain, swelling that will not go away when you elevate your leg, a temperature above 101.4, or drainage from your incisions.

If you experience any of these symptoms: go to an **Emergency Department** close to your house: High fever (above 102.5), chest pain, difficulty breathing, fainting, or bleeding.