

# PATIENT INFORMATION

A publication of Jackson-Madison County General Hospital Surgical Services

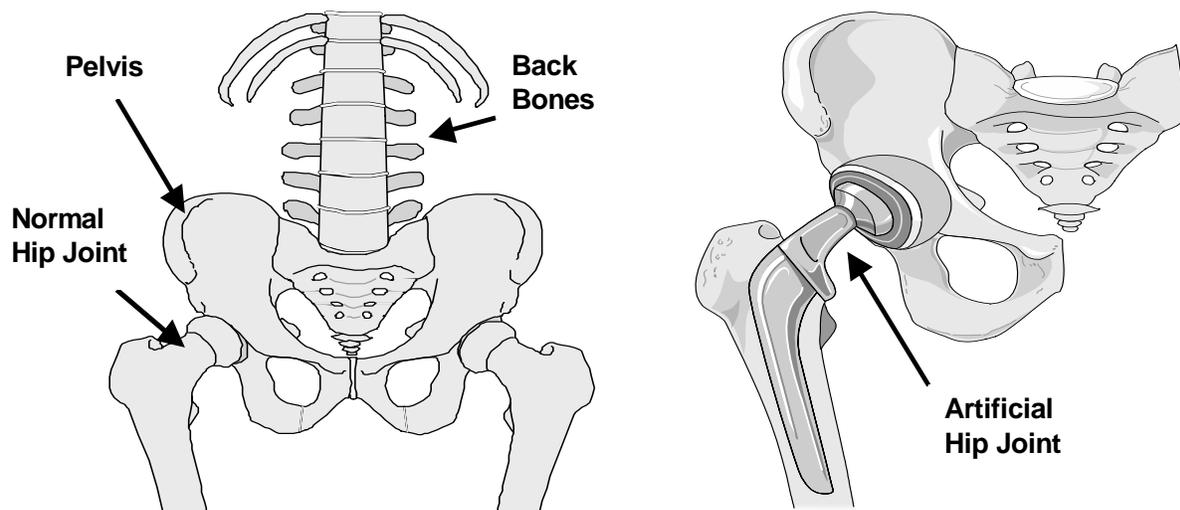
## Anterior-Lateral Approach Total Hip Replacement Surgery

You are scheduled to have total hip replacement surgery. The purpose of this handout is to help you know how to prepare for your surgery and what to expect the day of your surgery.

It is the hope of the surgery staff that you will feel that you receive very good care while you are a patient in our hospital. **We are here to serve you!** Please feel free to ask any questions that you might have.

### What is a total hip replacement? Why is it done?

A total hip replacement is a major surgery that replaces part or all of a damaged hip joint with a ball and socket made of metal and plastic. This surgery is done when the hip joint is damaged to the point that you are having severe pain or are unable to move around and do your daily activities. A hip replacement may also be needed because of an injury that causes the hip to be broken at a place that cannot be repaired with other surgeries.



### What do I need to do before my surgery?

- Shower the night before your surgery and in the morning before you come to the hospital with the special soap you will be given.
- Do not eat or drink anything after midnight the night before your surgery.
- Please do not chew gum or smoke. (This raises the level of acid in your stomach.)
- You may brush your teeth and rinse your mouth as long as you do not swallow any water.
- If you take medicine for your heart, blood pressure, or asthma you may take this with a small sip of water before you come to the hospital. If you take medicine and/or insulin for diabetes you need to ask your doctor if you should take this.
- Remove all fingernail polish.

- Remove all jewelry including body piercings.
- Do not wear any makeup.
- If you will be checking into the hospital on the day of your surgery:
  - Bring all medicines that you are taking to the hospital with you.
  - Do not bring valuables or large amounts of money with you to the hospital.
  - Have a responsible adult drive you to the hospital and stay during your surgery.

### **What can I expect the day of surgery?**

- If you are checking into the hospital on the day of your surgery, after you have been to the Admitting Office, you will be taken to a room. This may not be the room where you will be taken after surgery.
- You will be given a hospital gown and asked to remove all of your clothes including underwear and socks. Put on the gown opening in the back.
- You will be asked to remove all jewelry, glasses, hairpieces, contact lenses, dentures, prosthesis, and hearing aids.
- You will be asked questions about your medical history. Many of these will be the same questions that you have already been asked. Please know that we need to ask these again so that we can give you the best possible care.
- You may go straight to the operating room or you may go to the Pre-Anesthesia Unit (PAU). If you go to the PAU, you will be there for about one hour before your surgery.
- Your nurse will tell your family where to wait.
- You will be asked several times on which hip the doctor is going to operate. This hip will have a mark placed on it with a special pen.
- Your hip and upper leg will be shaved and washed.
- You will have an IV (needle in your arm for fluids) started and you will be given medicine that will help you relax.
- Someone from anesthesia will talk with you about your health history and the type of anesthesia that will be used.
- You will be taken to the operating room. This room will be cold and your nurse will give you a warm blanket.
- The operating room staff will include your doctor, his assistant, an anesthetist (the person who will put you to sleep), a circulating nurse, and a scrub nurse. All of these people are there to care for you and no one else.
- You will have sticky pads placed on your chest so that the staff can watch your heart. A blood pressure cuff will be placed on your arm so that your blood pressure can be checked. A device called a pulse oximeter will be put on your finger. It will tell how much oxygen is in your blood.
- The anesthetist will put a soft mask over your face. This will give you plenty of oxygen. You will be given medicine in your IV that will relax you until you go to sleep. You will not wake up during your surgery and you will not feel pain.
- After your surgery starts, the nurse will call your family and tell them how you are doing. The nurse will call your family at least one time an hour. This surgery usually takes from one to three hours.
- When the surgery is over, the anesthetist will give you medicine that will help you to wake up. You will go to the Recovery Room. You will be in this room for about an hour. The doctor will talk with your family.

- You will have your blood pressure, pulse, temperature, and oxygen level checked. The nurse will check your dressing for any signs of bleeding and will feel the pulse and temperature in your feet.
- Some patients may have a large pillow (called an Abduction Pillow) between your legs that will be holding your legs apart. If you have this pillow, do not remove it.
- You may have a drainage tube at your incision site to collect blood or drainage.
- You will have a catheter (tube) in your bladder to drain your urine. Your doctor will decide when this can be taken out.
- If you are in pain or if you feel sick to your stomach please tell the nurse so that you can be given medicine.
- When you are awake you will be taken to your room. There will be a nurse caring for you and will be checking you often.
- The nurse will help you turn in bed and take frequent deep breaths and cough. It is recommended that you turn, cough, and deep breathe at least every two hours. It is important that you do these things to keep your lungs clear and avoid getting pneumonia.
- Do not try to get out of the bed. Your doctor will tell you when you can be out of bed for the first time and the staff will help you get up.
- After you are able to be out of bed, the Physical Therapy staff will work with you to help you walk and teach you exercises to do to help in your recovery. Your doctor may send you to a Rehabilitation Unit to get additional care and teaching for a few days before you go home. If you are going to go to the Rehab Unit at this hospital, be sure to watch the video "Introduction to the Rehabilitation Unit" that comes on Channel 14 at 5:20 each evening.
- When you are fully awake, if you are not sick to your stomach, you will be given something to drink and later something to eat.
- Most people are in the hospital for about four days. After this, you may go to a Rehabilitation Unit.

# HIP REPLACEMENT HOME GUIDELINES

## For Anterior-Lateral Approach

To keep your prosthesis (hip replacement) in place, follow these basic rules for three to six months after surgery. Your doctor and therapist will give you additional or special instructions that are specific for you. Be sure to follow his or her instructions.

- ◆ You will be taught to use crutches, a cane, or a walker to keep weight off your hip as it heals. Be sure to use this as instructed. You will be told and shown how to walk, sit, and how much weight to put on your new hip.
- ◆ You will be taught exercises to do to strengthen the muscles around your new hip. It is very important that you do these exercises to speed your recovery and avoid any problems.
- ◆ Since your balance may be off, use handrails and wear low shoes for your safety.
- ◆ Sit in a firm, straight-back chair with armrests and a raised seat. When sitting, keep your knees on a level below your hip.
- ◆ Sit and stand with your legs apart.
- ◆ When standing, keep toes pointed straight in front of you or just a little to the outside.
- ◆ You may need to get long-handled grippers to reach things on the floor.
- ◆ Do not sit in a low chair or on a low toilet seat. You can use a firm cushion in a chair. If your toilet is low, you will need to get a toilet seat extender or beside commode.
- ◆ To sit down, sit on the edge of the chair and scoot back into the chair.
- ◆ To stand, scoot forward to the edge of the chair and then stand.
- ◆ For a shower, you need a grab bar for safety, or an elevated tub seat to sit on. You may shower after the dressing has been removed and when you are able to walk and stand for several minutes without becoming weak. Do not use water that is too hot.
- ◆ To take a bath, you will need to use a bath bench or a bath seat. Your therapist will show you how to get in and out of the tub. Do not sit down into the water.
- ◆ When going to bed, pull your sheets and covers half way up before getting in bed so you do not have to lean forward to pull them up. Do not let your affected leg dangle off the bed for any length of time, bring it up on the bed without stopping.
- ◆ Do not lie on your operated side or on your stomach unless your doctor tells you it is okay to do so.
- ◆ Sleep with one pillow between your legs when lying on your back or with pillows between legs when lying on your unaffected (good) side.
- ◆ If you are unsteady on your feet or need help to prevent falls, ask your nurse for a copy of the handout "Fall Prevention at Home."
- ◆ Do not drive until your doctor says that it is okay to do so.
- ◆ Be sure to keep your follow-up appointments with your doctor.

### Wound Care

- ◆ Keep your incision area clean and dry.
- ◆ Do not scrub your incision. You can wash gently with soap and water. To keep your incision healthy and to avoid popping your hip out of joint, you will not be allowed to sit in water for several months.
- ◆ Avoid positions that put stress or tension on your incision.
- ◆ Avoid clothing that rubs or irritates your incision.

**Call your doctor if you have:**

- ◆ Redness, swelling, or warmth around the incision.
- ◆ Bleeding or drainage from the incision.
- ◆ Chills or temperature above 100.5° twice.
- ◆ Severe pain or pain that is not relieved by your pain medicine.
- ◆ A clicking or popping sound in your joint or a sudden sharp pain.
- ◆ Loss of control of your leg.
- ◆ Leg shortening with your foot turning outward.
- ◆ Tingling in your leg or if it feels numb or cold.
- ◆ Trouble breathing, shortness of breath, or if you cough up blood.
- ◆ You have any other questions or concerns.

**An Important Precaution:**

You will need antibiotics before and after having teeth pulled, having any work done on your teeth including teeth cleaning, and before having any other surgery.

You will need to always remind your physician of your hip/joint replacement prior to any surgery or procedure because your physician may want to place you on antibiotics to help prevent infection.