

Home Discharge Instructions: Hip Replacement/Hip Fracture

Oregon Medical Group Orthopedic and Sports Medicine Clinic

1435 G Street, Springfield, OR 97477 541-242-4812

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DO NOT TAKE ASPIRIN OR OTHER NONSTEROIDAL ANTI-INFLAMMATORY MEDICATIONS (i.e., ADVIL, IBUPROFEN, ALEVE, ETC.) WHILE ON BLOOD THINNERS UNLESS DIRECTED BY YOUR PHYSICIAN.

New Medications:

Blood Clot Prevention:

- Xarelto 10 mg by mouth daily for a total of 35 days after your surgery
- Aspirin (enteric-coated) 325 mg by mouth every 12 hours for 6 weeks after your surgery
- Coumadin _____

You have begun a 6 week course of coumadin to guard against blood clots. You have been given a prescription for coumadin. When you run out, please call your pharmacy for a refill.

____ You are being discharged to a skilled nursing facility. They will draw your blood twice/week. Results will either be managed at the nursing facility, or by our clinic.

____ You are going home following your surgery.

____ Legacy Labs will come to your home to draw your blood until you are ambulatory.

____ You are able to get to the coumadin clinic at Garden Way Medical Center. The coumadin nurse will call you to set up draws twice/week.

Pain Medications

- Percocet 5/325 mg tablet by mouth every 4-6 hours as needed for pain
- Oxycodone 5 mg tablet by mouth every 4-6 hours as needed for pain
- Norco 5/325 mg tablet by mouth every 4-6 hours as needed for pain
- Tylenol 650 mg tablet by mouth every 4-6 hours as needed for pain
- Dilaudid 2-4 mg tablet by mouth every 4-6 hours as needed for pain
- Other _____

Other Medications

- Phenergan 25 mg tablet by mouth every 6 hours as needed for nausea
- Colace 100 mg tablet by mouth every 6 hours as needed for constipation
- Vitamin C 500 mg tablet by mouth every 12 hours
- Ferrous Gluconate 324 mg tablet by mouth every 12 hours (may cause constipation / dark stools)
- _____

OTHER INSTRUCTIONS:

- Follow Hip Precautions as instructed by the Physical Therapist in the hospital - Avoid hip extension, external rotation, and adduction
- Use the abduction pillow when in bed for 6 weeks after surgery
- Do your home exercises as instructed in the hospital
- Wear TED/compression stockings x 4 weeks. Remove them 2-3 x daily for 30 minutes.
- Keep dressings clean and dry. Dressings will be changed by your home health nurse.
- **Report any problems immediately to your physician. (i.e., fevers, increasing pain, chills, wound drainage, calf tenderness, shortness of breath) 242-4812**
- Home Health may see you in your home for wound care, blood draws, and physical therapy if needed.
- Next lab draw for INR should be done on _____(For patients taking Coumadin)

Weight-bearing Status:

- May place full weight as tolerated on the operative leg
- May place 50% of your weight on the operative leg
- May be toe touch weight-bearing on operative leg
- Non-weight bearing on operative leg
- Other _____

USE A WALKER TO ASSIST WITH AMBULATION

Post-operative appointment:

Office number: (541) 242-4812

Release: This is to certify that the instructions listed about have been received by the patient at the time of discharge.

Patient or Authorized Representative

Provider/Nurse

Date