You are being discharged after your orthopaedic surgery. The following are instructions you should follow, as well as some general information.

**INCISION CARE**
- Keep your incision clean and dry. If your incision gets wet, pat it dry, do not rub.
- You may shower when there is no drainage from your incision.
- Do not put any creams or ointments on your incision.
- If your incision has drainage you may place a dry dressing over the incision. Change the dressing twice daily and as needed. If there is no drainage, you do not need a dressing.
- If you have steri-strips (white strips across your incision), leave them in place. They will fall off on their own.
- Do not wear tight clothing that rubs on your incision.
- No tub baths. Do not soak the incision in water. This includes swimming or hot tubs.
- You need to check your incision daily. Call the doctor:
  » If you have an increase in redness.
  » If you have an increase in swelling.
  » If the edges of the wound begin to separate.
  » If there is any change in the color of the drainage from your wound (for example: yellow, green, or foul smelling drainage).
  » If you have an increase in tenderness around your incision.
  » If there is any red streaking.
  » If you have a temperature greater than 101 degrees Fahrenheit.

**DIET AND HEALTH**
- Eat a balanced diet.
- Avoid alcohol until you are no longer taking your pain medication.
- If you are smoking, you should stop. Smoking can slow the healing of your incision.
- Drink 8-10 glasses of water per day.
- Talk to your doctor if you are on a special diet.
- Pain medications and decreased activity can lead to constipation. To prevent this, eat a diet high in fiber and increase your water intake. You should have a bowel movement within 2 days. If not, there are gentle, over the counter medications you may use (like milk of magnesia). If you still do not have a bowel movement, call your doctor.

**ACTIVITY**
- Follow the physical therapist’s activity and exercise program, as well as any restrictions.
- Gradually increase your activity daily.
- Plan for rest periods.
- Elevate your injured leg when you are at rest.
- No driving until cleared by the doctor.
- No driving while on pain medications that may affect your ability to drive safely.
The following are precautions you should follow to prevent dislocations

☐ Anterior Hip Precautions (check if applies to patient)
- Do not extend your leg backwards.
- Take small steps.
- Do not turn your foot outward.
- Keep your operative leg in front of your nonoperative leg when you are standing or getting out of a chair.
- Put a pillow between your legs when you are in bed.
- Keep both feet flat on the floor when sitting.
- Keep your knees and toes pointing forward.
- Avoid sitting in the same position for longer than 60 minutes at a time.
- Always sit in a chair with arms.
- You should not bend over to pick up items from the floor.

☐ Posterior Hip Precautions (check if applies to patient)
- Do not bend your hip past 60 degrees.
- Use a reclining wheelchair.
- Keep your operative leg extended when sitting.
- Do not use a low wheelchair or a standard toilet, use seat raisers.
- Avoid sitting in the same position for longer than 60 minutes.
- Do not lean forward when sitting in a chair.
- Do not cross your legs.
- Keep a pillow in between your legs while in bed and or turning.
- Do not turn your leg or ankle inward.
- Keep your toes and feet pointed forward.
- Do not bend over to pick up items off the floor.
- If your toes or fingers turn cool, or blue, or if you begin to have numbness and or tingling.
- If you fall and injure your hip.

SEEK HELP IMMEDIATELY:
- If you have any signs or symptoms of a blood clot:
  » Firmness, tenderness, red, or warm spots on your arms or legs.
  » If you have sudden difficulty breathing or chest pain. This could be a sign of a blood clot in your lung, or a sign of an allergy to your medications.

HOW TO REACH YOUR DOCTOR
Monday-Friday from 8:00 a.m. - 4:30 p.m., call the Department of Orthopaedics Outpatient Clinic at 503 494-6400.
After hours, weekends, and holidays, call the Hospital Operator at 503 494-8311 and ask to have the orthopaedic doctor on call paged.
Your doctor is: ____________________________