

**The expected hospital stay for patients after a Hip Replacement is up to 3 days after your surgery. You may be ready for discharge sooner depending on your condition.**

**If you have questions during your journey, ask!**

## DAY OF SURGERY

- After your surgery, you will be monitored in the recovery room for 2 hours or longer, before moving to your room.
- When you arrive on the unit, you will meet members of your care team. They are available to answer questions or address any concerns throughout your stay.
- Have a family member bring your labeled crutches or gait aids, shoes, personal items and special equipment to your room.
- Eating after surgery is allowed. However, it may take some time to regain your appetite.
- If you need to use the bathroom, ask your nurse to assist you.
- Move your feet back and forth and in circles to improve circulation in your legs after your surgery.
- Medication is given to reduce pain. If you are still uncomfortable, talk to a member of your care team.
  - Talk to your care team about when it is safe to get out of bed and start moving around.

## DAY 1: RECOVERY

- Physical activity is an important part of your recovery and you are encouraged to participate in as much activity as possible. This might include sitting at the edge of the bed, walking with a walker or crutches, or getting up for meals.
- Follow the Hip Precautions explained by your care team for at least 3 months after surgery, or until your doctor advises you otherwise.
- Controlling pain will allow you to move and get out of bed, which is essential for your recovery. Let your care team know if your pain is not under control.
- Take deep breaths, cough, and to pump your feet and toes up and down every hour. These exercises help to prevent complications.
- A Physiotherapist (PT) will show you how to move around safely and teach you exercises you can do to help build strength and prevent stiffness and weakness.
- An Occupational Therapist (OT) will teach you how to complete your daily activities safely while your hip is healing. They will show you how to use the special equipment you have to ensure a safe discharge from the hospital.
- Stool softeners and laxatives are given to help with constipation caused by the strong pain medication. Alert your care team if you are uncomfortable or feel constipated.

## DAY 2: RECOVERY

- Work with your care team to determine your safe activity level. Practice special exercises to strengthen your hip.
- You will be able to get out of bed with assistance. Use a walker or crutches to go to the bathroom and walk in the hallway.
- Returning to everyday activities at home will take time. Simple things like getting in bed or sitting in a chair require some extra work. Your care team will show you how to care for yourself at home.
- Review your discharge plan with a member of your care team. Make sure you understand next steps and discuss any concerns or questions.

## DAY 3: DISCHARGE

- Keeping active is the most important part of your recovery. Take short walks to build your strength and endurance. If you feel weak or tired, allow yourself to rest but do not sit or lie in one place for too long.
- You will receive a follow-up appointment with your surgeon. You should also make an appointment to see your family doctor.
- Your nurse will provide information about caring for your incision and your dressing, including how to bathe when you get home.

