

Broken Hip Repair

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

This surgery is to repair your broken hip.

What to Expect After Surgery

- You can expect hip discomfort for up to 6 weeks.
- You may have a swollen foot for many months after surgery.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the surgery.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.
- For the first 48 hours, you may place an ice pack or bag of frozen vegetables on your hip for pain relief and to help keep the swelling down.
 - Wrap the bag in a light towel before using.
 - Keep the ice pack on for 30 minutes and then keep it off for 30 minutes.
- If you have a cold therapy device, use it as directed.

Activity

- Do not bend beyond 90 degrees.
- Do not twist or cross your legs.
- Do not sit in low chairs.
- Use a raised (elevated) toilet seat as you need.
- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise, lift, and have sex.
- Do not take a tub bath.
- Use crutches or a walker until your health care provider gives you other directions.
- Wear your surgical stockings (white elastic socks) while you are awake until your health care provider tells you to stop. You may take them off to take a shower.

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- Follow your therapist's directions on how much weight you can put on your hip (weight bearing). When you are up, always use your crutches or walker. This will help protect your hip.
- Alternate rest and activity.
- Get regular activity. Try to walk for a total of 30 minutes a day.
 - Start by walking for 5 to 10 minutes at one time and slowly build to walking 30 minutes.
 - Walk often. Try to walk at least 4 to 5 times a day.
 - Increase the amount you walk as you are able.
- Sleep with a pillow between your legs. Put the pillows crosswise between your legs before turning on your side.
- Put on your shoes and socks as directed.
- Do not climb stairs as you usually would. Go one step at a time. When you go up stairs, step with your "good" leg first. When you go down stairs, put the surgical leg down first.
- Get into a car by sitting, then swinging your legs into the car.
- Do your exercise program as outlined by your physical therapist at least twice a day.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Incision Care

- Keep the incision dry until the stitches or staples are removed.
- Your stitches or staples will be taken out at your follow-up appointment.
- Do not use lotions, creams, ointments, gels or powders on your incision site.
- Do not take a tub bath, go into a pool or hot tub until your health care provider says it's OK.

- Follow any directions your health care provider gives you.

Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Drink more liquids.
- Avoid alcohol while you are taking prescription pain medicine.

When To Call Your Health Care Provider

Call your health care provider if you:

- have a temperature of 101 F or higher
- have new pain or pain you can't control
- have bleeding that won't stop
- have a tender or painful calf
- have numbness or tingling in your surgical leg
- have signs of infection at your incision site:
 - pain or swelling
 - redness or odor
 - warmth
 - green or yellow discharge
- are unable to get out of bed
- have nausea (upset stomach) or vomiting (throwing up) that won't stop
- have any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.