Hip Dislocation (Artificial)
Care After Surgery

Please read the instructions outlined below. Refer to these instructions for the next few weeks. These discharge instructions provide you with general information on caring for yourself after surgery. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS

- You may resume a normal diet and activities as directed or allowed.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Use crutches as instructed. When you are allowed full weight bearing, begin slowly. Reduce the activity if it is causing pain or discomfort.
- Apply ice to the injured hip for 15 to 20 minutes four times per day while awake for 2 days. Put the ice in a plastic bag and place a thin towel between the bag of ice and your cast.
- Do range of motion exercises only as instructed by your caregiver.

SEEK MEDICAL CARE IF:

- You have swelling of your calf or leg.
- Increasing pain or discomfort in your hip develops.
- You have increasing swelling around the hip.
- You have problems moving the hip.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing or develop shortness of breath.
- You develop any reaction or side effects to medicines given.
- You develop chest pain.

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