



Orthopaedic Surgery - Arthroscopic Surgery - Joint Replacement - Sports Medicine - Fracture Care

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Hip Fracture

Post-operative Instructions

Dressing

Your hip will have a bandage on it after surgery. You will likely stay in the hospital 2-3 days after surgery. You may remove the dressing and place a dry bandage over your incision. Otherwise remove the dressing 3 days after surgery and cover the incisions with bandages patting them dry after showering. Do not submerge your hip in water (i.e., no bathtubs, hot tubs, swimming pools) until wounds are fully healed (and cleared by your physician).

Ice

Please ice during the first two weeks after your surgery. Continuous icing will help to decrease swelling and provide pain relief. It is very important to always have protection between the ice pad and your skin. Never place the ice pad directly on your skin; this could lead to an injury to your skin.

Things to watch out for

It is normal for you to have soreness around your hip after surgery. This will resolve on it's own with icing, medication and physical therapy.

Contact Dr. Lynch or her assistant Melissa at 210-477-5151 if you have any of these symptoms:

- A large amount of bleeding through the dressing
- If you are excessively dizzy
- Excessive vomiting
- Fever over 101.5 degrees
- Redness and swelling
- Foul smelling or pus like discharge
- Your medications do not stop the discomfort
- Chest pain or shortness of breath

If you are unable to contact Dr. Lynch or Melissa and the symptoms persist, go to the nearest emergency room.

Post Operative Medications

Will vary depending upon each patient and his or her comorbidities.

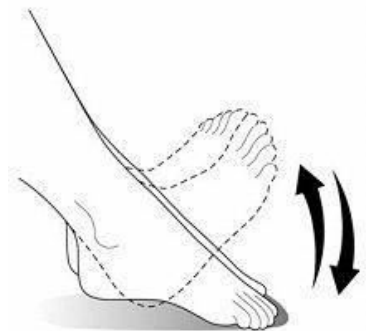
Crutches

You are to use crutches/walker after surgery and the amount of weight placed on the operative leg depends on the specific procedure used to fix your hip fracture.

We ask during the first week following surgery that you do the following exercises at home:

Ankle pumps- ON NON OPERATIVE LEG - pump your ankle back and forth as if you were stepping on a gas pedal. Please do this exercise 10 times an hour while awake. ➡➡➡

Deep breathe and cough to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.



Driving

Assuming you have a driver's license, you may drive as soon as you have stopped taking narcotic pain medications and can safely control your leg. Particularly if you have had surgery on your right leg, you should practice driving in an empty parking lot prior to driving on a street to be sure that you are safe to be on the road.

Going back to work

If you work in a relatively sedentary job, you will typically be able to get back to work within 1 week on

crutches.

Physical Therapy

Appropriate physical therapy is vital to the success of your surgery. This may occur in a rehab center, at home or at a physical therapist's office.