

Total Hip SURGERY

PATIENT GUIDE



Charlevoix
Area Hospital

Partnering with  MUNSON HEALTHCARE

14700 Lake Shore Drive
Charlevoix, Michigan 49720
231/547-4024 | www.cah.org

Introduction

You are scheduled to have hip surgery at Charlevoix Area Hospital. The more information you and your family have regarding your surgery, the more you will be prepared for your hospital stay and recovery period. Please review the information provided in this book - your physician expects you to follow these instructions.

You may have discovered that you've been less active because of hip joint pain. When muscles aren't used, they become weak and don't perform well in supporting and moving your body. Having hip surgery will correct the joint problem, but both physical and occupational therapy will be needed to assist you along the way in your recovery.

Our goals are to:

- Introduce you to your hospital team and understand their roles
- Educate you on home and lifestyle changes before your surgery
- Help prepare you for your surgery: learning your post op exercises, and recommendations for adaptive devices

Table of Contents

Page 1	Meet Your Hospital Team
Page 2	Getting Ready: Pre-Surgery Information
Page 3	Medical Considerations After Surgery
Page 4	Equipment Recommendations
Page 5	Fall Prevention and Home Safety
Page 5	Energy Conservation Using 3 P's
Page 6	Exercises for Total Hip Replacement Surgery: Upper Body
Page 6	Total Hip Precautions
Page 7	Exercises for Total Hip Replacement Surgery: Lower Body
Page 8	Discharge Preparation & Coping Strategies
Page 8	Car Transfer & Stair Climbing Education
Page 9	Medical Care & Nursing Recommendations
Page 10	Diabetic Precautions, Dietary & Nutrition Recommendations
Page 11	Phone Numbers & Resources

Meet your Hospital Team

Your Surgeon:

Your surgeon is the team leader. He or she will direct your nursing care, therapy interventions and physical needs at the hospital and when you return home.

Dietary:

Will provide you information about good nutrition for better healing.

Nursing:

Will monitor your physical condition while you are at the hospital. Will work with the physician to provide you with the appropriate medication and monitor pain issues.

Occupational Therapy:

Will improve your safety and independence in personal care, home care and work. This is called Activities of Daily Living Skills (ADL). Will provide you with adaptive equipment options and strategies for independence.

Physical Therapy:

Will help restore functional mobility, strength, balance and endurance.

Social Worker:

Will help you and your family with concerns such as your care after the hospital, coping or resource needs.

Getting Ready

Pre-Surgery Information



Preparing your home prior to your surgery will provide a safe and user friendly setting during your recovery. A well prepared home will allow better access to necessary items, eliminate potentially hazardous areas, help reduce anxiety, maintain more of your independence, and reduce the risk of injury; all necessary for a speedy recovery.

Dietary Preparations

- › Place items you frequently use at waist height for easier accessibility.
 - Items such as dishes and cooking utensils, food in the pantry or refrigerator, shoes, clothes, and toiletries.
- › Stock up on healthy, nutritious foods and fluids.
- › Prepare food ahead of time so it is easy to heat and eat.
- › If you feel you will need a little help with grocery shopping, food preparation or housework, make arrangements now.

Lifestyle Preparations

- › Reduce or stop smoking. Avoid smoking the night before and the morning of your surgery.
- › The benefits of not smoking include:
 - Improved bone healing
 - Improved oxygen flow to all parts of your body
 - Improved breathing capacity
- › Contact your doctor or CAH for more information about smoking cessation assistance



Medical Considerations After Surgery



Preventing Pneumonia

- › Sitting up and walking will help keep your lungs clear.
- › Cough and deep breathe frequently.
- › Refrain from smoking, if possible.
- › Use your “Incentive Spirometer” if you were given one at the hospital, pictured above.

Preventing Blood Clots

Blood clots can form if you are sitting or lying down for extended periods of time. To minimize the risk of blood clots, take the following precautions:

- › While in the hospital, you may wear compression sleeves that inflate and deflate on your legs. Your nurse will decide when you no longer need them.
- › You will have Ted hose (elastic stockings) they will be worn while you are recovering from surgery, in the hospital, and at home. They should be removed briefly, twice per day. The Ted hose should be worn at home at least until you see your surgeon at your follow-up visit.
- › Do ankle pumps (move ankles up & down) throughout the day; 10-20 times per hour.
- › Get up and walk every hour as tolerated.

- › You should report any redness or pain in the back of your calf to the nurse or doctor.
- › Your doctor may order Lovenox (an injection), or aspirin to be taken daily to help prevent blood clots.

Improving Bladder Function

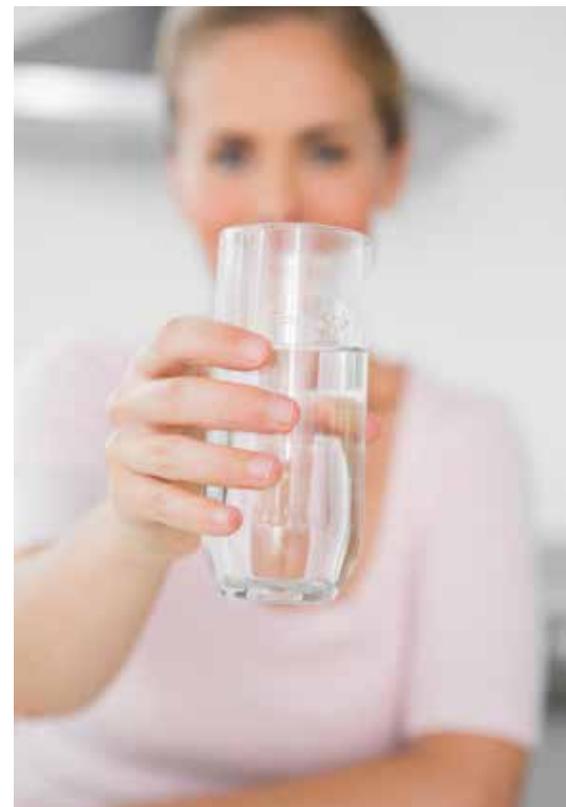
A catheter may be placed into your bladder while you are in surgery, but it is usually removed right after surgery or sometimes the next morning. If you have difficulty urinating or if your bladder still feels full after you have urinated, let your nurse know.

Improving Bowel Function

Pain medications frequently cause constipation. To prevent straining when moving your bowels, follow these laxative instructions:

- › Take one capful of MiraLAX (polyethylene glycol 3350) mixed in 4-8 ounces of fluid (water, juice, coffee, tea, soda) every morning to keep your stool soft.
- › If your bowel movements become too soft, reduce the MiraLAX to ½ capful every day for one or two days.

- › If in two to three days your bowel movement is too hard, increase MiraLAX to two capfuls in 6-8 ounces of fluid every morning.
- › Call your surgeon’s office if you have not had a bowel movement in 3 days.
- › Never take more than two capfuls of MiraLAX in a day.
- › NOTE: Take your other medications two hours before or after the MiraLAX, because it can cause changes in the absorption of other medications.
- › Continue this bowel management plan until you are no longer taking pain medication.



Equipment Recommendations

Your Doctor may prescribe medical equipment such as a brace, walker, or cane. Insurance coverage for such items varies and changes frequently. You should check with your insurance company directly to find out if you have coverage for these items, so you can be prepared for any co-pays or equipment that is not covered.

Other adaptive equipment that will help you remain independent with your daily activities:

(NOTE: These items are optional and are not covered by insurance. You can purchase them at a pharmacy or medical equipment supply company or obtain from a loan closet. See list on last page of this booklet.)



Long Handled Reacher

For picking up objects from the floor or low drawers, pulling up covers in bed, pulling up pants and undergarments, or removing socks



Sock Aid

Helps you put on your socks without bending down



Long Handled Shoe Horn

Allows you to slip your shoe on without bending over



Tub Bench/Shower Chair

So you can sit while taking a shower



Long Handled Sponge

To wash legs and feet without bending over



Elastic Shoelaces

So you can slip your foot into a shoe without bending over



Grab Bar

A sturdy bar that is installed to your shower wall or next to your commode, to provide support while transferring to and from the tub, shower or toilet



Raised Toilet Seat

To make it more comfortable and safe to get on and off the toilet



Hand Held Shower

To allow you to shower and wash hair while seated

Fall Prevention and Safety at Home

1. Remove all throw rugs.
2. Place adaptive equipment in the bathroom.
 - Non skid surface on floor of shower/tub area
 - Handheld shower sprayer mounted
 - Grab rails in shower/tub area
 - Long handled bath sponge in shower/tub area
 - Raised toilet seat attached
3. Carry your portable phone or cell phone with you.
4. Attach a small bag to your walker for carrying items.
5. Consider using a closeable water bottle.
6. Move furniture or other things that may block pathways.
7. In the kitchen have commonly used items at counter level or within easy reach.
8. Use caution when sitting down. Before sitting down on a chair, make sure the backs of your legs are touching the seat of the chair behind you.
9. Take your time. Get in the habit of moving at speeds that are safe for your energy level and ability. Do not rush to answer the phone, door, or bathroom.
10. Ask for help when getting up from bed, a chair or the toilet if you feel at all shaky, weak, dizzy, or lightheaded.



Energy Conservation Using 3 P's

You can apply the 3-Ps to your daily life to help you save energy. Plan, prioritize and pace are the 3-Ps.

1. **Plan** out your daily schedule.
 - Spread out activities over the course of your day and week.
 - Alternate heavy and light tasks.
 - Have the right space and tools to do the job to avoid repeating steps that could tire you more quickly.
2. **Prioritize** your daily tasks in order of importance.
 - Important tasks should be done first and when you have the most energy, such as in the morning or after a rest period.
 - When prioritizing, be sure to include all activities including self-care, chores or work, exercise, and leisure activities.
3. **Pace** yourself throughout your day.
 - Avoid rushing and allow enough time for each task.
 - Rest before you feel tired.
 - Listen to your body and know your limits.
 - Know that some tasks may require help from others.

Exercises for Total Hip Replacement Surgery Upper Body

Why is it beneficial to participate in the Pre-Hab program at Charlevoix Area Hospital?

1. Learning exercises before the surgery is less stressful.
2. Strengthening prior to surgery is clinically proven to speed up recovery time.

Our therapist(s) will have you actively participating in a strengthening program that you can continue right up to your surgery date. Depending on your situation, and physician's recommendation, you can perform the strengthening program independently at home or in a formal program at our facility with your physician's orders.

If working independently at home, exercise one to two times a day, every day, before surgery. Do ten repetitions of each exercise. If you are comfortable with the exercise, increase the repetitions by five each week until you reach 20 repetitions:

(WEEK ONE)

10 repetitions

(WEEK TWO)

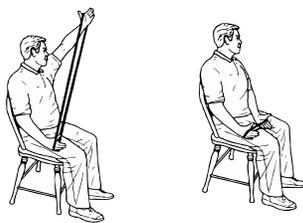
10 to 15 repetitions

(WEEK THREE)

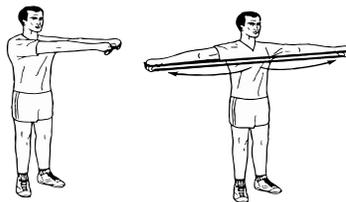
15 to 20 repetitions



1. With both arms straight, holding the theraband, place one hand across to the opposite leg, like reaching for the opposite pocket. Anchor the band in the hand at your side. Bring the straight arm from the opposite leg across your body and stretch the band up over your head and away from your body, as if you were drawing a sword. Your thumb will be pointed towards the back. Hold and then slowly bring the arm back down and across your body to the starting point. Relax and repeat.



2. Grasp the band in both hands or loop it over your hands. Stretch the band out to the sides with both your hands. Relax and repeat.



3. Tricep dips are body weight exercises that will assist to develop the muscles that are used when moving from sitting to standing position with activities of daily living (ADL's).

Total Hip Precautions

- > Do not bend your upper body at your waist forward more than 90 degrees 
- > Do not rotate or turn your hip inward to the extremes of the motion.



- > Do not rotate or turn your hip outward to the extremes of the motion.

- > Do not cross your operative leg over your non-operative leg.



- > When sitting, your knees must be lower than your hips. Sit on a pillow to keep your hips higher.



- > Do not lift your knee on the new hip side higher than your hip when sitting.
- > Do not lay on your stomach and lift your leg up. This causes your hip to be hyperextended.

Exercises for Total Hip Replacement Surgery

Lower Body

If working independently at home, exercise one to two times a day, every day, before surgery. Do ten repetitions of each exercise. If you are comfortable with the exercise, increase the repetitions by five each week until you reach 20 repetitions:

(WEEK ONE)

10 repetitions

(WEEK TWO)

10 to 15 repetitions

(WEEK THREE)

15 to 20 repetitions

For the most comfort, do the exercises lying down. Your bed or recliner are two excellent places to do your exercises.

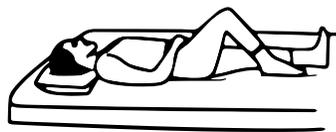
Total Hip Replacement Exercises

Ankle pumps and circles



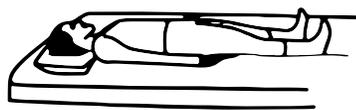
Bend both your ankles up, pulling your toes toward you, then push both your ankles down, pointing your toes away from you.

Bed Supported Knee Bends



Slide your heel toward your buttocks, bending your knee and keeping your heel on the bed. Do not let your knee roll inward.

Buttock Contractions



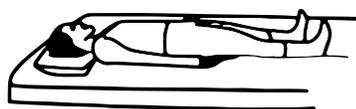
Tighten your buttock muscles and hold to a count of 5 seconds.

Abduction Exercise



Slide your leg out to the side as far as you can and then back.

Quadriceps Set



Tighten your thigh muscle. Try to straighten your knee. Hold 5 to 10 seconds.

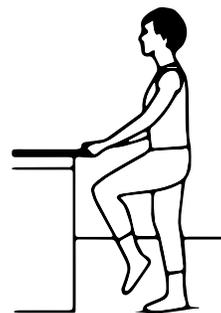
Straight Leg Raises



Bend your uninvolved leg and place foot flat on the bed. Raise your involved leg up about 12 inches keeping your knee straight. Hold for 5 seconds. Slowly lower your leg down and relax.

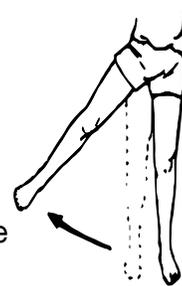
Standing Knee Raises

Lift your operated leg toward your chest. Do not lift your knee higher than your waist. Hold for 2 or 3 counts and put your leg down.



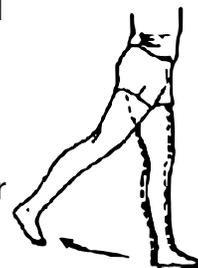
Standing Hip Abduction

Be sure your hip, knee and foot are pointing straight forward. Keep your body straight. With your knee straight, lift your leg out to the side. Slowly lower your leg so your foot is back on the floor.



Standing Hip Extension

Lift your operated leg backward slowly. Try to keep your back straight. Hold for 2 or 3 counts. Return your foot to the floor.



Discharge Preparation

Preparing to Leave the Hospital

YOU ARE READY TO GO HOME FROM THE HOSPITAL WHEN:

- › You can get in and out of bed by yourself
- › You can dress independently or with modified techniques
- › You can perform your personal hygiene
- › You can walk by yourself or with a walker or cane
- › Your pain is reasonably controlled with pain pills
- › You can eat and drink as you did before the surgery
- › There are no signs of infection at your incision site
- › You understand all the instructions for home recovery
- › You are emptying your bladder without problems
- › You can demonstrate safe problem solving in your daily tasks

Once you have returned home you will want to limit your activities. It may be beneficial to have someone stay with you until you can safely walk from your bedroom to the bathroom. Avoid overexertion - some discomfort is normal, but pain is a signal to slow down and rest.

Coping Strategies

WHAT IS YOUR DEFINITION OF STRESS?

One definition – stress is the response to a perceived demand, internal or external, on our mind, body, or emotions.

HOW CAN STRESS AFFECT US?

- › Physically, emotionally, cognitively (mentally)

IDENTIFYING SIGNS OF STRESS

- › Physical examples
 - Muscle tension, racing heart, headache, and/or upset stomach
- › Emotional Examples
 - Anxiety and/or depression
- › Cognitive Examples
 - Thought distortions (“should” statements, fortune telling)

WAYS OF COPING WITH STRESS

- › Physical
 - Exercise, progressive muscle relaxation, deep breathing, and/or stretching
- › Emotion-Focused
 - Talking with others, writing in a journal, and/or listening to music
- › Cognitive
 - Address cognitive distortions, such as “should” statements. For example, instead of “I should be able to do more,” say, “I would like to do more, but I am doing the best I can”
 - Balance positive and negative thoughts
 - Challenge negative thoughts

Car Transfer & Stair Climbing Education

You and Your Assistive Device

A walker or cane will most likely be necessary to assist you to maintain your functional mobility after your operation. If possible, get one in advance and bring it with you when you begin your pre-hab; your therapist can set it up specifically for you.

Getting In and Out of a Car

- › Plan the task before beginning.
- › Open the car door completely.
- › Consider placing a plastic bag flat on the car seat to make pivoting easier.
- › Move slowly, being careful not to twist your back.
- › Place one hand on the car seat, the other hand on the car door frame.
- › In one motion gently get down to a seated position.
- › Pivot into car, placing one leg at a time into the vehicle.

TO GET OUT OF THE CAR, REVERSE THE PREVIOUS STEPS.

- › Scoot forward once you have gotten your feet outside the vehicle.
- › Gently rise to a standing position.

Stair Climbing and Descending

The ability to go up and down stairs requires both flexibility and strength. At first, you will need a handrail for support and you will only be able to go one step at a time. Always lead up the stairs with your non-operative leg and down the stairs with the operated leg. Remember, “up with the good” and “down with the bad”. You may want to have someone help you until you have regained most of your strength and mobility.

Medical Care & Nursing Recommendations

Changing Your Dressing

- › Wash your hands using the hand hygiene described below.
- › Change your dressing daily for two days: Simply remove the old dressing, wash around the incision with clean gauze moistened with antibacterial soap and water (tap water is acceptable), allow it to air dry and replace the dressing with fresh gauze.
- › You can use either clean gauze taped securely or a bandage with an adhesive border
- › Change it more frequently if it becomes damp or soiled.
- › You can leave the dressing off after two days if the incision is not draining.
- › If it is still draining after two days, continue to change the dressing daily and as needed.
- › You may purchase sterile gauze dressing (often referred to as 4 x 4's) at a local pharmacy. You may ask the pharmacy staff for assistance.
- › Apply a new dressing if your clothing rubs on the incision.

Hand Hygiene

- › Wet hands with water.
- › Add soap, rubbing hands together for at least 15 seconds forming a generous lather.
- › Cover all surfaces of your hands and fingers.
- › Rinse hands with water and dry thoroughly.
- › Use paper towel to turn off the water faucet.

Bathing

- › You may shower the day after you get home, but do NOT take a tub bath until your staples are removed and you receive approval from your surgeon.
- › If your dressing/incision gets wet in the shower, let the incision air dry before applying a new dry dressing. This is important in preventing infection.
- › You can expect to have assistance with a shower when you are in the hospital.



Contact Your Physician Immediately if You Experience:

- › An increase in redness, swelling, drainage or foul odor from your wound.
- › A fever of 100° F for three days or a fever of more than 101° F.
- › Any concern about changes in your symptoms.
- › Your prescribed medication does not adequately relieve your pain.
- › You develop a rash, nausea or vomiting after taking the medication prescribed.

Pain Medication

- › Talk to your physician about switching to over-the-counter pain medication when you no longer need the prescription pills. Please note it is not always necessary to finish the filled prescription amount of pain medication. Your physician can make the best recommendation based on your needs.

Diabetic Precautions

Your blood sugars can be affected by the surgery, your decrease in activity, your body's healing process and even some of the medications you may receive while in the hospital. Plan to check your blood sugar more frequently when you get home and be aware of your hyperglycemic and hypoglycemic symptoms. You may need to call your family physician if your blood sugar levels are not controlled.

Dietary & Nutrition Recommendations

You may not have much of an appetite after surgery, but it is important that you eat to get adequate nutrition for healing. This is not a good time to try to lose weight. You will need to make healthy choices when planning meals so that you get the PROTEIN and IRON that you need for healing.

It is recommended that you include a lean protein source with all meals and snacks.

Excellent sources of protein include:

- › Cheese and eggs (*one egg = 1 oz meat*)
- › Cottage cheese (*1/4 cup = 1 oz meat*)
- › Yogurt (*6 oz = 1 oz meat*)
- › Dried beans and legumes (*1/2 cup = 1 oz meat*)
- › Fish, poultry and "round" or "loin" cuts of beef and pork

You can increase protein in your diet by doing the following:

- › Add dry powdered milk to liquid milk, scrambled eggs, and soups
- › Add cheese to vegetables, casseroles, etc.
- › Snack on yogurt, cottage cheese, peanut butter, nuts and seeds or cheese and crackers
- › Add supplements like Carnation Instant Breakfast, Ensure or protein drinks

Some people may need to take an iron supplement, but most can get an adequate amount of iron through diet.

Excellent sources of iron include:

- › Enriched cereals (*Total, Life, Bran Flakes*)
- › Instant Oatmeal
- › Cream of Wheat
- › Liver
- › Tofu
- › Clams

Good sources of iron include:

- › Beef, lamb, pork, veal, ham
- › Baked potato with skin
- › Instant breakfast
- › Dried beans (*cooked*)
- › Shrimp
- › Enriched corn tortillas

Fair sources of iron include:

- › Poultry or fish
- › Prune juice
- › Dried fruit
- › Enriched breads
- › Dark green leafy vegetables
- › Enriched rice or noodles

Phone Numbers & Resources

Charlevoix Area Hospital
 14700 Lake Shore Dr.
 Charlevoix, MI 49720
www.cah.org

Outpatient Therapy - Physical/ Occupational

Pre-op Interview Nurse Treasure Eggers, RN 231-547-8601 teggerson@cah.org	Hospital Social Worker Kris Hoeksema, LMSW, ACSW 231-547-8569 khoeksema@cah.org	Hospital Dietitian Amanda Evans, MS, RD, CDE 231-547-8737 aevans@cah.org
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Charlevoix Area Hospital
Rehab Center
231-547-8630

Boyne Rehab Center
231-582-6365

Jordan Valley Rehab Center
231-536-1451

Beaver Island Rehab Center
231-448-2275

Durable Medical Equipment Suppliers:

City	Name of Supplier	Location	Phone #	Toll Free #
CHARLEVOIX	Central Drug	301 Bridge Street	231-547-2424	
	Rite Aid	Captain's Corners	231-547-4001	
	Walgreens	1500 Bridge Street	213-547-1356	
CHEBOYGAN	ABC Medical	9750 N. Straights Highway	231-627-2677	866-617-2677
	Modern Pharmacy	127 N. Main	231-627-9949	800-452-1310
GAYLORD	Bay Home Medical	2250 W. M32	989-705-2111	866-705-2111
	Vital Care	1347 W. Main	989-732-7070	800-748-0103
	Wright & Filippis	1369 W. Main	989-732-4521	
GRAYLING	Apria Home Care	125 Michigan Ave		800-563-4459
PETOSKEY	Vital Care	2264 Harbor / Petoskey Rd.		800-748-0103
	Airway Oxygen	330 W. Mitchell	231-348-8343	866-402-2679
TRAVERSE CITY	Michigan Medical	2915 N. Garfield Suite B.	231-941-8480	800-442-7083
	Bay Home Medical	707. N. Parsons	231-933-1200	800-755-0552
	Munson Home Health	3816 W. Front St.		800-252-2065
	Thompson Pharmacy	324 S. Union	231-947-4212	800-968-4210

Loan Closets:

Area	Location	Phone #
ALPENA	Alpena Senior Citizen's Center, 501 River Street, Alpena	989-356-3585
	Montmorency Co. VFW #2356, Hillman, MI	989-742-3670
ANTRIM COUNTY	Commission on Aging, Cayuga St., Bellaire	231-533-8703
CHARLEVOIX COUNTY	Charlevoix Senior Center, 06906 Norwood Rd, Charlevoix	231-547-5361
	Nativity Church Helping Hands, 197 State St., Boyne City	231-582-2648
CHIPPEWA COUNTY	Chippewa County Loan Program, 405 Newberry Ave, Newberry	906-632-3363 Sault Ste Marie 906-293-5621 Newberry
GRAND TRAVERSE	Easter Seals, 109 Union St., Traverse City	231-947-1271
KALKASKA	North Country Hospice, 207 Walnut Street, Kalkaska	231-258-5286