



SETH CRINER

ORTHOPEDIC SURGERY

820 S. Akers, Suite 220 Visalia, CA 93277

Office Number: 559-733-3346

Hip Fracture Post-op Instructions

Wound Care/ Bathing:

- Keep dressings dry. Must be covered with shower drape if showering.
- You may remove your bandage 5 days after surgery (except the steri-strips on the skin, if you have them). You may get the hip wet, wash lightly with soap and water, and recover the incisions with Band-Aids.
- NO SOAKING IN A POOL OR TUB for 3 weeks.

Pain Control:

- Pain medication should have been called in the day of your pre-op visit. Please take the pain medication as directed by the pharmacist when you pick up your prescription.
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- Take 1-2 over-the-counter Tylenol every 6 hrs for the next 2-4 weeks as needed for mild to moderate pain.
- Take the narcotics (usually hydrocodone/acetaminophen) only as needed. The one exception is it's good to take the narcotics around the clock the first 24 hrs after surgery to prevent yourself from being caught off guard from the numbing medication injected at the time of your surgery wearing off. You can take 1-2 pills every 4-6 hrs as needed for severe pain.
- Ice hip for 10-15 minutes every hour as needed for swelling.
- Elevate your leg higher than your heart, as much as possible for pain & swelling the first few weeks.

Blood Clot Prevention:

- Lovenox 40 mg injection daily for one month. This is a strong blood thinner that minimize your chance of blood clots if you take it once daily for 30 days after your surgery.
- If your insurance doesn't cover this or it's very expensive, at least buy some over-the-counter 325 mg aspirin, and take 1 daily, which is just about as effective as the Xeralto.
- Getting up and walking around frequently during the day is also important – at least once every hr or 2 times a day further minimizes your risk of blood clots in your veins.

Activity:

- Put full weight on your leg as your pain tolerates after surgery with crutches/walker as needed.
- I recommend you not return to work until the following week for your comfort and safety, and only return if and when you can do so safely.
- It's safest to not drive until your first follow-up appointment. If you're no longer taking narcotics, and your leg is full strength it may be okay to start earlier.

Physical Therapy:

- This is patient dependent. While in the skilled nursing facility you will work with physical therapist. If you went home, you will have home health physical therapy. May be done on outpatient as needed.

Follow-up Appointments:

- Your 10-14 day post-op appointment should have been made at your pre-op visit, but if not call 559-733-3346.
- The following standard post-operative visits will be scheduled at will be at the following time frames following surgery: 7 weeks, 14 weeks, and 6 months

Questions:

- Call 559-733-3346 and ask for Jules during the day.

Emergencies:

- If you have emergent questions or concerns that can't wait until the day, you may dial the same office number and will get the on call orthopedic doc. If it's not Dr. Criner, the surgeon that answers your call won't know who you are, so be sure to clarify that you are one of Dr. Criner's patients, tell them the surgery you had, and how many days ago you had surgery.
- It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you'll have to go to the emergency room.