

Your 1 Month Visit following a Total Hip Replacement

We will review your x-rays and examine your hip today. The following are some common things that most patients experience at this time:

1. It is not uncommon to still have pain or stiffness after being in one position for too long. Especially first thing in the morning or after sitting for too long.
2. If you have not already stopped using narcotics you should be weaning off the narcotics now. You can do this by increasing the time between doses and/or decreasing the amount of narcotic that you are taking.
3. Tylenol will still help. Start to wean off the medications by decreasing the dose every few days.
4. It is common to have some numbness around the incision. Over time this will go away.
5. You can start moisturizing the scar. You can use any lotion you have at home such as aloe, vitamin E cream, cocoa butter. Massaging the scar will help desensitize the scar and help flatten the scar and improve the appearance of the scar.
6. At this point most people have stopped using the cane. If you still need the cane for support or confidence continue to wean off of the device
7. A slight limp is common and most commonly due to weakness of the abductors (these are the muscles that lift your leg out to the side). Continue to do the exercises every other day until strength returns and the limp goes away.

8. Your therapy at this point consists of walking. Two to three short walks are better than one long walk. Increase the time/distance of the walk every 3 days. Stationary bike and pool exercises are good too.