

# Hip Resurfacing Pre-Op and Surgery Day

## Before Surgery

Before surgery, you should adhere to the following:

- You should follow your regular diet on the day before your surgery.
- **Do not eat or drink after midnight** the night before surgery. On the morning of surgery, you may brush your teeth and rinse your mouth, but do not swallow any water.
- Follow your doctor's instructions regarding use of medication in the days leading to surgery. In some cases, a blood thinner may be ordered a few days before surgery. Generally, aspirin and non-steroidal anti-inflammatory medications should not be taken seven days prior to surgery.
- Try to get long, restful nights of sleep. A sleeping medication may be ordered the evening before surgery.

## Day of Surgery

On the morning of surgery, once you are admitted to Meriter Hospital, you will be taken to the appropriate pre-surgical area where the nursing staff will take your vital signs, start intravenous (IV) fluids, and administer medications as needed. You will be asked to empty your bladder just prior to surgery, and to remove all jewelry, contacts, etc. (Rings not removed will be taped.)

Once you change into a hospital gown, you will be placed on a stretcher, and transported to the operating room. The anesthesiologist will meet you and review the medications and procedures to be used during surgery.

## Surgery and Recovery

When surgery is completed, you will be taken to the recovery room for a period of close observation. Your blood pressure, heart rate, respiration, and body temperature will be closely monitored by the recovery room staff. Special attention will be given to your circulation and sensation in your feet and legs. When you awaken and your condition is stabilized, you will be transferred to your room.

You may awaken to some or all of the following:

- A large dressing may have been applied to the surgical area.
- You may see a hemovac suction container with tubes leading directly into the surgical area. This device allows the nurses to measure and record the amount of drainage from the wound following surgery.
- An IV will continue post-operatively in order to provide adequate fluids. The IV may also be used for administration of antibiotics or other medications.
- A catheter may have been inserted into your bladder as the side effects of medication often make it difficult to urinate.
- An elastic hose may be applied to decrease the risk of deep vein thrombosis (DVT). A compression device may also be applied to your feet to further prevent DVT.
- A patient-controlled analgesia (PCA) device may be connected to your IV, allowing you to control the relative amount and frequency of pain medication. To prevent overdose, the unit is programmed to deliver a pre-defined amount of pain medication anytime you press the button of the machine.

## Precautions After Surgery

After your surgery, you should carefully follow these precautions:

- Do not bend forward to reach your feet. You must maintain a 90 degree angle between your torso and legs.
- Do not lift your knee higher than your hip on the operated side.
- Do not cross your legs.
- Do not allow your legs to internally rotate (feet turned in) when hip is flexed.
- Do not twist while lying or standing.
- Sleep on your back with a pillow between your knees to prevent crossing.
- Observe any weight-bearing precautions during standing or walking that your physician has specified.

Also, our occupational therapists will instruct you in the proper use of various long-handled devices for activities of daily living. These devices may include the following:

- A reacher to dress and pick things up from the floor.
- A sock-aid that will assist in putting on socks.
- A long-handled sponge to wash your legs and feet.
- A leg-lifting device to move the operated leg in and out of the car or bed.
- An elevated toilet seat so that you don't violate your hip precautions when using the bathroom.
- An elevated bathtub chair to fit in the shower or tub.