

## **Dr. Allen Direct Anterior Total Hip Arthroplasty Post-Op Protocol**

### **Phase I: Inpatient (1-2 days)**

- Typical post-op stay in the hospital is 1-2 days
- Depending on your progress you may discharge to home or a TCU
- You can bear full weight on your leg and walk immediately after surgery
- Physical therapy &/or nursing will have you walking the day of surgery
- A waterproof dressing is placed on the hip at the end of surgery
  - You can shower post-op day 2-3 (occasionally before your discharge)
  - No soaking the wound for 4-6 weeks
- Aggressive cryotherapy (ice or cooling packs)
  - Several times a day for the first few months
  - This will help with pain control and swelling
- A multi-modal pain regimen will be used to control your pain
  - Scheduled NSAIDs & Tylenol
  - Muscle relaxers
  - Opioids for break through pain
- Hip replacement and the subsequent therapy can be painful
- Direct anterior approach allows for no motion restrictions
- Adequate pain control in order to complete the exercises is crucial
- Aspirin 81mg twice daily for DVT prophylaxis (30 days total)
- Inpatient PT prior to discharge
  - Safely transfer in and out of bed/chair

- Ambulate 50-100 feet
- Safely ascend and descend stairs
- Independently complete a SLR

### **Phase II: Immediate Post-Op (Discharge-2 weeks)**

- First post-op visit at 2 weeks
  - Sutures will be removed at this visit if applicable
  - Continue to cover wound until completely healed
- Strengthening
  - Quad sets, 4-way SLRs, heel slides, clamshells, hamstring sets
  - Closed chain exercises: mini-squats, leg press
- Gait training
  - Treadmill, walking, stationary bike, step ups, retro-treadmill
- Aggressive cryotherapy modalities for pain and swelling
- Typically, 1 refill of post-op narcotic pain medicine is given if needed
  - Additional refills and may be a different, less sedating narcotic

### **Phase III: Early Post-Op (2-6 weeks)**

- Second post-op visit at 6 weeks
- Gait training
  - Wean from assistive devices if able
- Strengthening
  - Advance with repetitions and weight
- Proprioception

- Achieve independence with all self cares and ADLs
- Aspirin 81mg twice daily for DVT prophylaxis (30 days total)

#### **Phase IV: Late Post-Op (6-12 weeks)**

- Third post-op visit at 12 weeks
- Normal gait
- Cardio
  - Swimming, biking, stair climber
- Continue strengthening, balance, and function activities

#### **Phase V: Return to Function (12+ weeks)**

- Return to normal function is between 2-4 months
- Returning to work
  - Desk work can often be resumed around week 6
  - Physically demanding work may take 10-12 weeks before you are ready
- Annual check-ups on anniversary of your surgery
- Lifetime dental antibiotic prophylaxis recommended