

**MATTHEW R. BYINGTON, DO**  
**Orthopaedic Surgeon - Board Certified & Fellowship Trained**  
Sports Medicine & Arthroscopic Surgery  
Knee & Shoulder Reconstruction  
[www.drmatbyington.com](http://www.drmatbyington.com) // [www.prairie-ortho.com](http://www.prairie-ortho.com) // [www.KNEEbraska.com](http://www.KNEEbraska.com)  
PRAIRIE ORTHOPAEDIC Phone: 402-489-4700; Fax: 402-489-5220

## **Discharge Instructions: HIP SURGERY**

### **MEDICATIONS / DIET**

Eat only light, non-greasy foods today & Take your medication with food,  
While taking pain medicines, **DO NOT** operate a vehicle, heavy machinery or appliances  
While taking pain medicines, **DO NOT** drink alcoholic beverages  
While taking pain medicines, **DO NOT** make critical decisions or sign legal papers  
If you have any reactions to your medicines, stop taking them and call my office  
immediately  
It is best to confirm with your Primary Care Doctor that you are okay to take these  
medications:

**Pain Medication:** Take as directed. **Examples:** Tramadol, Oxycodone or Hydrocodone.  
Take 1-2 tablets every 4-6 hours as needed for pain. If you have no pain, do not  
take these pills. You can additionally take Tylenol 500mg 1-2 tablets every 6 hours  
as needed

**Anti-inflammatory Medications:** If your pain is uncontrolled with above pain  
medication and if okay with your primary care doctor. Don't take if you are on a  
blood thinner, have kidney disease or history of ulcers.

**Examples include:** Aleve 500 mg every 12 hours -OR- Ibuprofen 800 mg every 8 hours

**Nausea Medication:** Please contact our office if you need a prescription. Nausea is a  
common side effect of pain medication and anesthesia. Take your pain medication  
with food to try and reduce the chance of nausea. **Example:** Zofran (Odansetron) 4  
mg every 6 hours

**Blood Thinner:** Your doctor will discuss with you at time of discharge

### **Example of how to take pain medications (if not allergic to or if no ulcer history):**

- **Tylenol (Extra Strength = 500mg)** 500-1000 mg every 6 hours
- **Aleve** 2 tablets in AM and 2 tablets in PM (if not on blood thinner),
- **Oxycodone (if prescribed)** 1 tablet every 4 hours scheduled for the first few  
days and additional tablet(s) as directed every 4-6 hours as needed for  
breakthrough pain –or-
- **Tramadol (if prescribed)** 1 tablet every 4 hours scheduled for the first few days  
and additional tablet as directed every 4-6 hours as needed for breakthrough  
pain.

Please keep in mind that **constipation** is a very common side effect of taking narcotic  
pain medication. We recommend that patients take precautions to prevent  
constipation:

- Drink plenty of water (6-8 glasses of 8 oz. a day)
- Avoid alcohol, caffeine, and dairy products
- Eat plenty of fiber (fruits, vegetables and whole grains)
- Take an over the counter stool softener (**Colace, Miralax, or Dulcolax**)

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**ACTIVITY / EXERCISE**

WEIGHTBEARING STATUS FOR SURGICAL LEG:

- WEIGHTBEAR AS TOLERATED
- NONWEIGHTBEARING
- TOE-TOUCH WEIGHTBEARING (LESS THAN 5 POUNDS)

Sit in chairs with arms. The arms make it easier for you to stand up / sit down.

Most patients are able to get in and out of bed, use the restroom and go up and down stairs when they go home.

Have someone with you at home in case you need help for the first week.

We recommend that you get up and move around every 1-1.5 hours while you are awake. This will help with stiffness and reduce the chance of blood clots.

Most people can start driving about 4-6 weeks after surgery.

**Exercises:**

You may practice quadriceps muscle tightening and straight leg raises every hour

Please continue to move your ankle up and down and tighten and relax your calf muscles several times every hour to help reduce swelling and prevent blood clots

Please use your CRUTCHES / WALKER until your first post-operative visit

Please keep ice applied to the hip for the first 72 hours (30-40 minutes at a time every 4 hours) **or** as long as pain or swelling persist. **Do not** apply ice directly to skin, or allow water to leak on your dressing

**DRESSINGS / SHOWER**

Please keep dressing dry

**It is normal to expect some bloody drainage through your post-op dressing**

Please reinforce your dressing with a dry sterile dressing

No tub baths. You can remove your dressings 3-4 days after surgery and you can shower after they have been removed. Do not rub over your incisions.

Keep your staples / stitches in place until seen at follow-up appointment

**SMOKING / NICOTINE:** Please know that using nicotine products (smoking cigarettes, chewing tobacco, etc...), can lead to poor healing and potentially worsen your outcome. Please quit and if you can't quit, cut back as much as possible.

**EMERGENCY / FOLLOW-UP**

**My clinic phone number at Prairie Orthopaedic & Plastic Surgery is: (402) 489-4700**

**For urgent calls after hours, please call our Answering Service at: (402) 474-3434**

Please notify my office if you develop any fever (101° or above), unexpected warmth, redness or swelling

Please call if your digits become cold, purple, numb, or there is excessive bleeding

Please call the office within 24 business hours to schedule a follow up appointment if one has not already been provided for you.

Please call the office before 3pm on Friday if you do not have enough pain medicine for the weekend. Narcotic pain medication cannot be called into your pharmacy and the

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prescription must be picked up at our office