

Your Surgical Experience for Total Hip Replacement Surgery

Dr. Tauchen believes that education is a critical component in providing excellent patient care and is vital for achieving the best outcomes possible. This packet is designed to help guide you through your surgical journey from beginning to end for your minimally invasive direct anterior total hip replacement surgery.

For more information, please visit his website at **www.alextauchenmd.com**

Pre-Operative Planning and Expectations

4-5 weeks before surgery

- *Schedule all necessary appointments for Surgical Clearance*
- *Request necessary paperwork (Short-Term Disability / FMLA) from your employer for time away*
 - Please submit these requests as soon as possible to Rachel Figueroa (rfigueroa@ibji.com) and allow 5 business days for her to complete
- If you are a smoker, ***please stop smoking***. It is important to stop smoking due to increased risks of complications including but not limited to infection, delayed healing of your surgical wound, wound drainage, and breathing issues that may progress to pneumonia
 - Please reach out to your PCP if you need assistance with smoking cessation
- *A Functional Status Assessment for Total Hip Replacement Questionnaire* will be emailed to you to fill out within 90 days prior to surgery. Please fill this out as this is helpful for us to compare to your post-op evaluation.

3-4 weeks before surgery

- Ensure all necessary testing is scheduled to be completed *within 90* days prior to surgery. History and physical will need to be scheduled to be *within 30* days of surgery.
 - Please call our office if you are having any difficulty scheduling your medical clearance OR your testing you have planned falls outside of this time frame

2-3 weeks before surgery

- Increase protein intake (if not medically restricted) to aid your body in the healing process after your total joint replacement surgery
 - Recommend minimum ~50g daily
 - Enroute protein supplement is encouraged for patients who do not eat a high protein diet to optimize healing after surgery.
- You will get your initial message from the *STREAMD* patient information app providing you with detailed reminders and tips through 6 weeks after surgery
- Obtain Hibiclense Soap if you haven't already done so
 - If you are going through LaGrange for your medical clearance, this will be provided for you at that appointment
 - Available for purchase at most pharmacies and grocery stores

1-2 weeks before surgery

- Fill prescriptions prescribed/recommended by Alicia Planchich, PA-C for post-operative use. If you have any issues getting these filled please reach out to the office as soon as possible.
- If you are on blood thinners (Aspirin, Coumadin, Eliquis, Xarelto, Plavix), know the plan on when to stop medications and when to restart medications. This should be discussed with the prescribing physician - typically your PCP, cardiologist, or hematologist.
- STOP all NSAIDs (aleve, advil, ibuprofen, naproxen, diclofenac, meloxicam, celebrex) 7 days prior to surgery as these have a blood thinning tendency

- STOP all over the counter vitamins and supplements 7 days prior to surgery, some exceptions. Alicia Plancich, PA-C will go over these in more detail at your appointment prior to surgery
- OK to continue with over the counter tylenol if needed for pain prior to surgery
- Please discuss with Dr. Tauchen's team if you have any questions on which prescription medications should be continued or stopped prior to surgery
 - If taking blood pressure medication (Beta blocker), please plan to take prior to surgery (evening prior or morning of)
 - If taking Antirheumatic medications please discuss with Rheumatologist as well as Alicia Plancich PA-C. It is suggested that the patient stop most antirheumatic medications 1 week prior to surgery and 1-2 weeks post-op.
- Begin taking Vitamin C Supplement (500-1,000mg) once daily as directed. It is suggested to continue for 1 month after surgery. If you are taking Vitamin D you can continue through surgery. Please hold both the morning of surgery.
- Make necessary accommodations at home for a safer recovery
 - Pick up any loose rugs around the house
 - You will be able to navigate stairs. However, you should have a comfortable spot to rest on the main level to limit stair usage.
 - Prepare healthy meals if living alone
 - You do NOT need a special hospital bed delivered to your home

5 days prior to surgery

- Begin daily Hibiclens showers and continue up to surgery
 - Please let us know if you have an allergy to Hibiclens and we will discuss alternative treatment
 - Directions: Wash hair/face as you normally would. Wash from your waist down to your toes with hibiclens soap. Be careful to avoid face and genital area.
 - Do NOT apply any lotions/powders on your skin after your last shower prior to surgery.

Day prior to surgery

- You will receive a call in the AFTERNOON (by 6pm) from the hospital or surgery center with your arrival time.
 - If surgery is on Monday, they will call Friday afternoon
- NOTHING to eat or drink AFTER MIDNIGHT

Morning of surgery

- Pack insurance card and your photo ID to bring with you to the hospital
- ALL Surgery Center locations:
 - Please DO bring your walker with you to the surgery center
- LaGrange Center for Advanced Joint Replacement:
 - Please DO NOT bring walker/cane with you to the hospital
 - Bring CPAP machine to hospital if advised
- Take morning medications with sip of water
- Take last Hibiclens shower
 - *No lotions/powders/make-up/oils/deodorants/hair products
- Arrive at the hospital/surgery center at your expected arrival time provided by surgical center or hospital

Dr. Tauchen's Post-Operative Expectations

Immediately After Surgery:

- Begin your independent home therapy exercises provided to you at your pre-op appointment, complete twice daily until you follow up with Dr. Tauchen in clinic.
- You will be provided with compression socks from the hospital/surgery center and we would like you to wear them for 10-14 days on both legs. You should wear them during the day, you are able to remove them at night to sleep.
- Full weight bearing on the day of surgery with a walker is expected unless you are specifically instructed otherwise
- You are allowed to go up and down stairs

- If you have a hip replacement from the anterior approach, you are allowed to cross your legs, sit in normal chair, sit on a toilet, and sleep in whatever position is comfortable for you as there are no formal hip precautions unless you are instructed otherwise
- If you have a hip replacement from the posterior approach, you should refrain from flexing your operative hip beyond 90 degrees, limit internal rotation of hip, and refrain from extremes of range of motion for 2 months after surgery
- Refrain from alcoholic beverages or recreational drugs while taking prescription pain medications
- Take pain medications as prescribed but only as needed. Plan to take prescribed medications 20-30 minutes prior to physical therapy if you are feeling pain.
- If you are taking pain medications please be sure you are also adding a stool softener to your regimen. You can try over the counter colace/doculax/miralax, add prune juice and increase your fruit/vegetable intake.
 - If you have not had a bowel movement by 3 days after surgery please reach out to your PCP for further recommendations.
- It is common to experience some of the following in the first few days / weeks after surgery:
 - **Fever:** "low grade fever" for up to a week (<100.4 F)
 - **Bruising:** discoloration may appear up to 2 weeks after surgery and last for 6-8 weeks after your procedure. This may appear from around the hip incision, down the entire operative extremity into the foot.
 - **Swelling:** moderate of the entire operative extremity is normal. This could worsen over the initial several days home, then begin to improve. You should ice and elevate your operative extremity above your heart when at rest to minimize swelling.
 - **Numbness:** skin paresthesia is normal and expected after hip replacement. You may be numb along the lateral aspect of the incision from the hip region down to the knee. This may take up to a year to improve, many patients are left with a small area that is permanently numb.

The Following Reactions are ABNORMAL right after surgery. If you have any of the following symptoms please contact Dr. Tauchen's office first. Unless there is a true life-threatening emergency, please do not go directly to an Emergency Room prior to speaking to a member of the surgery team or another physician. In rare cases, you may be directed to an Emergency Room for evaluation.

- Fever >101 during the first week
- Progressively increasing severe pain
- Excessive bleeding from surgical site
- Red, swollen, painful calf and/or increased numbness or tingling in your foot
- Persistent nausea and vomiting
- Excessive dizziness or persistent headache
- Shortness of breath or difficulty breathing

Within first 2 Weeks After Surgery:

- Expect to use a walker for about 1 week and then cane for an additional 1-2 weeks. However, everyone is different - use an assistive device as long as you feel necessary to prevent falling.
- Outpatient physical therapy is not recommended for most patients, however if you did receive a prescription, please make these appointments accordingly
- You can remove your outer, rectangular surgical dressing 7 days after surgery. Leave the white Sylke dressing in place. If you would like to cover, please place the second dressing provided over the incision. Please call our office if you notice any drainage or redness around the incision.
 - You may get the waterproof dressing over your incision wet in the shower when you return home if there is no drainage, but please do not soak in a pool or tub until after your visit with Dr. Tauchen. Swimming and soaking the wound is generally allowed by 4-6 weeks.

- Poor sleep is very common after total joint replacement. This typically normalizes 6 weeks after surgery. We recommend limiting naps and increasing activity when able. You can add in OTC sleep aids such as melatonin or tylenol PM. If lack of sleep becomes a concern please reach out to your primary care doctor. We do not prescribe sleep aids as they interfere with the pain medications prescribed after surgery.
- Dr. Tauchen will see you in the office about 3 weeks from the date of your surgery. We will discuss motion goals, therapy needs, medication recommendations, get x-rays of your new implants and address any other questions/concerns you have.
- You will be expected to wear compression stockings (provided to you by the hospital) for 14 days after surgery to help prevent blood clots.
- Most patients may return to driving around 2 weeks as long as you are no longer using narcotic pain medications. We recommend practicing first in an empty parking lot before going out on the roads.
- Walking is the best exercise after a total joint replacement, but listen to your body and don't "overdo it." You may resume activities of daily living & walking

2-4 Weeks After Surgery:

- Activities such as light upper body weight-lifting and sexual activity may be resumed at 2 weeks after surgery
- Return to sedentary work around 2-3 weeks after surgery
- Poor sleep is very common after total joint replacement. This typically normalizes 6 weeks after surgery. We recommend limiting naps and increasing activity when able. You can add in OTC sleep aides such as melatonin or tylenol PM. If lack of sleep becomes a concern please reach out to your primary care doctor. We do not prescribe sleep aides as they interfere with the pain medications prescribed after surgery.

1-2 Months After Surgery:

- Return to moderately labor-intensive work about 4 weeks after surgery

- Return to heavy labor type work about 6-8 weeks after surgery
- Activities such as golf, riding a bicycle, and swimming can be resumed at 6-8 weeks after surgery
- A *Functional Status Assessment for Total Hip Replacement* Questionnaire will be emailed to you to fill out within 90 days of surgery, please fill this out as this is helpful for us to compare to your pre-op values

4 Months After Surgery:

- Alicia Plancich, PA-C, will see you in the clinic for a 4 month postoperative visit. You will be instructed at your 3 week visit to make this appointment
- More strenuous activities like tennis, sit-ups/crunches, bowling, hiking, and yoga may be resumed around this time.

1 Year After Surgery:

- Dr. Tauchen will see you in the clinic for a 1 year postoperative visit. You will be asked to make this appointment at your 3 month office visit.

Hip Replacement Components: Depuy

- Cup: Pinnacle or Emphasys (Titanium)
- Liner: highly cross-linked polyethylene (hard plastic)
- Stem: Actis (Titanium)
- Head: ceramic

For more general information regarding total joint replacement surgery, please visit:

- **Hip Replacement:**
<https://orthoinfo.aaos.org/en/treatment/total-hip-replacement/>

Antibiotics For Dental Procedures AND Colonoscopies

Following Joint Replacement Surgery

Infection of prosthetic joint replacement occurs very infrequently after a dental procedure or colonoscopy. However, because the implications of a joint infection are so significant, we recommend taking antibiotics prophylactically in order to protect you from possible sources of infection for **2 years following your joint replacement surgery**.

- Attempt to avoid dental procedures/colonoscopy for 3 months after your total joint replacement
- Antibiotics should be taken **1 hour prior to procedure**
- The following are Dr. Tauchen's recommendations:

For patients with NO penicillin allergy:
Amoxicillin 2g (4 tabs) by mouth

For patients with penicillin allergy:
Clindamycin 600mg (2 tabs) by mouth

*If you have allergies to both penicillin and clindamycin, please reach out to Dr. Tauchen's office for recommendation on antibiotic prophylaxis

Prescription Medication Policy

New prescriptions and refills are processed only during normal office hours

Plan Ahead:

- Please allow 2 business days for your request to be finalized and sent to your pharmacy
- If narcotic pain medications are needed for >6 weeks, Dr. Tauchen may refer you to your PCP or pain specialist for additional prescriptions