

Dr. Bellino Discharge Instructions: TOTAL HIP



After Anesthesia: Rest today, it is not unusual to feel sleepy or tired for a day or so after your surgery. No strenuous activity. You may feel a sore or “scratchy” throat after general anesthesia. This will go away in a day or two. A low-grade fever is common after any surgery with general anesthesia and is rarely due to infection. Resume taking prescription medication, unless your doctor instructs you otherwise. Resume eating normally. Start with gentle, soft foods; avoid greasy or spicy foods which may cause nausea.



Dressing and Wound Care: DO NOT submerge your incision in water, pools, hot tubs, or ocean for a few weeks after surgery. Wait until your wounds are completely healed AND your provider tells you it is okay. DO NOT apply any ointments or hydrogen peroxide to incision.

KEEP waterproof foam bandage on until follow up. The day after surgery, you can shower with the waterproof dressing.



Medical Equipment: Walk with your walker, weight bear as tolerated. Please use the incentive spirometer every hour while awake to help promote deep breathing.



Activity: Your surgeon will give you specific instructions on when it is okay for you to resume various movements, activities, work, sports, driving, exc. Your surgeon will advise you on any home strength training exercises to work on, and if/when you should start physical therapy.

Movement: Weight bearing as tolerated on operative leg.



Elevate: Your leg above heart level as much as possible when resting. Place pillows under foot or ankle, not directly behind the knee. Pain, swelling, bruising, and mild redness are all expected after joint replacement. In fact, the swelling, bruising, and redness gets slightly worse each day during the first week post-op. Even your foot will be swollen after a few days.



Ice: Can help reduce pain and swelling. Apply a light towel over your incisions to keep the area dry and avoid skin burns. Apply ice for 10-15 minutes at a time every 2-3 hours while awake.



Pain: Temporary weakness and skin numbness from the anesthetic block and local anesthesia is normal. An increase in pain after this wears off is normal & you can take the pain medications as needed for this. Don't wait until your pain is severe before taking pain medicine. Follow instructions on the label and use as directed. You may take over-the-counter pain medicine such as acetaminophen (Tylenol), ibuprofen (Motrin or Advil) or naproxen (Aleve) IN ADDITION to prescription pain medication.



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DO NOT drink alcohol or use marijuana when taking prescribed opioid pain medications.
DO NOT drive until you are OFF prescription opioid pain medications.



Nausea / Constipation: Anesthesia and pain medications can cause nausea and/or constipation. Take prescription pain medicine with food to reduce nausea. You may be given a prescription for ondansetron (Zofran) to take for nausea, if needed. If you develop constipation try to discontinue opioid medications (Tramadol, Oxycodone, Percocet, etc.) as able and take over the counter stool softeners (Senna, Dulcolax, Miralax, etc) with plenty of fluids and high fiber foods.



Itching / Rash: If you develop MILD itching or rash, take over-the-counter allergy medicine such as Benadryl, Claritin, or Allerest. If you have a SEVERE reaction or have any difficulty breathing, call 911 or immediately go to the nearest emergency facility.



Call the Doctor's Office if you have any of the following:

- Fever is above 101.5°F and/or chills.
- A fall with injury
- Nausea or throwing up to where you can't keep food/ liquids/ medication down.
- Unable to pee or "shi-shi" for 24 hours.
- A lot of pain, even with medication.
- A lot of swelling around the surgery site, persistent numbness, dark or pale color in toes.
- Pus type drainage, or excessive bleeding through the dressing.
- Leg/calf pain, swelling, redness or tenderness.



Dr. Bellino's Office @ 808-548-7033 Monday-Friday 8am-5pm

After office hours call the 24/7 Physicians Exchange hotline @ 808-524-2575



If you need IMMEDIATE ATTENTION
(such as difficulty breathing, chest pain, palpitations or loss of consciousness)
Call 911 or go to the NEAREST EMERGENCY ROOM



Follow Up: A nurse from MIS Hawaii will be giving you a post-operative follow-up call within a few days. If you have additional questions, please call your doctor listed above.

Your follow up is: As scheduled, if you have not made one, please call 548-7033



The discharge instructions were explained to me and I have received a copy of these instructions. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii.

Patient or Authorized Person Signature

Nurse Signature

Date/Time