



# ROBERT J. AVINO, MD

Board Certified Fellowship Trained  
ROBOTIC JOINT REPLACEMENT SPECIALIST

(561) 727-1306

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## Patient Post-Operative Instructions - HIP

**Surgery Arrival Time:** \_\_\_\_\_

### CONTACT INFORMATION

DURING HOURS: call 561-727-1306 or email [heatherd@pboi.com](mailto:heatherd@pboi.com)  
AFTER HOURS: call (561) 694-7776 and leave a message for Dr. Avino

### Follow-Up

Your initial follow-up with Dr. Avino is 7-14 days after your surgery for x-rays and bandage removal. You will come back again at 5-6 weeks for an incision check, followed by 3-4 months for repeat x-rays.

### Anticoagulation (to prevent blood clots following surgery)

- Take Aspirin 81mg twice a day for **30 days** following surgery
- Other: \_\_\_\_\_

### Pain Medication

You will be taking multiple medications to control your post-operative pain. Please follow Dr. Avino's instructions on taking these medications.

- Tylenol Extra Strength (acetaminophen) 1000 mg three times a day for 21 days (purchase over-the-counter)
- Celebrex (celecoxib) 200 mg twice a day for **30 days**
- Tramadol (Ultram) 50 mg every 6-8 hours as needed for moderate to severe pain

### Other Medications

- Colace (docusate sodium) - stool softener - 100 mg twice a day for 14 days
- Zofran (ondansetron) - anti-nausea - 4 mg taken every 6 hours as needed for nausea
- Omeprazole (prilosec) -antireflux- 20 mg twice a day (30 mins before AM and PM meals) for 30 days (purchase over-the-counter)

**\*\*NO ALCOHOL FOR AT LEAST 30 DAYS FOLLOWING SURGERY\*\***

### ICE/Cold Therapy

Following hip surgery, ice packs can be used over the hip area for 20-30 minutes, every 2-3 hours daily. Always apply a barrier between the ice pack and skin.

### Assistive Devices

You will need a 2 wheeled walker and a standard cane.

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### **Incision Care**

The surgical dressing (bandage) remains in place until removed in the office by Dr. Avino. The home health nurse may reinforce the dressing with Tegaderm or island dressings to improve the seal or patch. Swelling, bruising, and mild redness around the dressing are normal. Call Dr. Avino's office at 561-727-1306 if the dressing becomes saturated or if you have any concerns.

### **Showers**

**\*Glad Press-N-Seal\***

Patients can shower after surgery with dressing/barrier applied over the incision. Dr. Avino recommends covering the dressing with clear plastic wrap to protect it from getting wet. After your first follow up appointment (10-14 days after surgery) you will be able to shower with the dressing removed. No baths, pools, or ocean until 6 weeks after surgery.

### **Physical Therapy**

- Home Health Care: First at Home (561) 963-8109

Home health care consists of home physical therapy and a nurse visit. During the first 2 weeks following your surgery, you will receive home physical therapy from the home healthcare agency. Outpatient physical therapy will begin after your first postoperative visit.

- Outpatient Physical Therapy

You will be given orders for outpatient physical therapy. You should start outpatient therapy 1-2 days after you get home from the hospital and will need someone to drive you to and from therapy. You can go to the PT facility of your choice.

### **Driving**

You can begin driving once you have regained adequate strength/control/coordination, are not taking any narcotic or opioid pain medications, and are walking without an assistance device. **This is typically 2-4 weeks following surgery.**

### **Footwear**

Dr. Avino recommends wearing tennis shoes only for the first 2 weeks after surgery.

### **Antibiotics and Dental**

No dental visits for 90 days after surgery.

You will require antibiotics prior to dental visits for the first year after surgery.

### **What to Expect Following Surgery**

Pain and swelling are normal following surgery. Be sure you are taking your medications as prescribed as well as icing and elevating the surgical leg. You may also experience trouble sleeping after surgery. This will typically resolve on its own after a couple of weeks. If you have any questions or concerns, please reach out to us.

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