



ROBERT J. AVINO, MD
Board Certified Fellowship Trained
ROBOTIC JOINT REPLACEMENT SPECIALIST

(561) 727-1306

EMAIL: TEAMAVINO@PBOI.COM

Patient Post-Operative Instructions - HIP

Surgery Arrival Time: _____

Follow-Up

Your 1st f/u with Dr. Avino is: _____ @ WELLINGTON / PBG / JUPITER office

***Pro Tip - Don't wear pants w/zipppers to your 1st postop appointment 😊*

Contact

During hours: (561) 727-1306 or teamavino@pboi.com

After hours urgent issues: (561) 694-7776

MEDICATIONS (FOR **AFTER** SURGERY)

Anticoagulation (to prevent blood clots following surgery)

Take Aspirin 81mg **twice a day** for **30 days** following surgery

Pain Medication

Tylenol Extra Strength (acetaminophen) 500 mg - take 2 (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

Antibiotics

Duracef (cefadroxil) - 500 mg twice a day for **7 days**

Other Medications

Omeprazole 20 mg, take one (1) tablet - 30 mins before AM meal daily for 30 days - (purchase over-the-counter)

Colace (docusate sodium) - stool softener - 100 mg twice a day as needed for constipation - (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.



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Assistive Devices

You will need a **2 wheeled walker** (take to the hospital day of surgery) and a standard **cane**.

Incision Care

The surgical dressing (bandage) remains in place until removed in the office by Dr. Avino. The dressing may be reinforced 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.

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, swelling, warmth, and mild redness are normal following surgery. A small amount of blood or fluid on your bandage is normal. Contact us if you experience bleeding or drainage from your incision, persistent fever, or your medications are not controlling your pain. Seek immediate medical attention if you experience trouble breathing, shortness of breath, or chest pain.

Restrictions

No extreme ranges of motion (straddles, splits, yoga, etc.)
