

hipclips

Postoperative • Day One

What's on Today's Menu?

Our care team will provide you a menu to complete for breakfast, lunch and dinner.

We recommend that you order small portions of non-spicy foods. Fluid intake is more important than large meals.

Let us know if you have special dietary needs or have food allergies. Our Food and Nutrition Services staff work hard to deliver warm meals to you during scheduled delivery times.

We take into account physical therapy sessions when planning deliveries; however, meals might be delivered while you are away from your room. We apologize for any inconvenience.

Meal delivery times

- Breakfast: 7:05 a.m.
- Lunch: 12:15 p.m.
- Supper: 5:05 p.m.

A Snapshot of Tomorrow ...

The lab will draw blood for blood work about 4 a.m., and your nurse will take your vital signs about 7 a.m.

You will then bathe and dress so you are ready for your physical therapist. Your nurse will discuss with you any special instructions or precautions for bathing and dressing.

You can find information about performing these tasks in your patient guidebook. Your guidebook has tentative times for your therapy sessions.

Invite your coach to therapy to assist you and to learn with you during therapy.

You will also see an occupational therapist, who will help you with activities of daily living, such as putting clothes on, picking up items off the floor, etc.

Good Morning!

Say "hello" to your new hip

Today is a new day for you and your new hip. We hope you begin to feel better as the day progresses.

Our care team will assist you with today's activities and check on you frequently. Try to drink plenty of fluids.

Your appetite might be in hiding for a day or two, but it will resurface.

Your surgical wound drain will be removed today and IV fluids will be discontinued.

Your physical therapist will work with you to walk and increase your comfort in moving your hip.

The exercises help reduce swelling, which makes your hip feel better.

A therapist will see you in the morning and the afternoon. Don't forget about your "racetrack" (ie., the third-floor hallways).

Make your walking laps and get your cheers from the nurses' station as you work your way toward the finish line.



Let's (NOT) do the "Twist"

You might be walking a lot, but you're not ready to enter a "Twist" dance contest or play the game Twister.®

This is where the "T" comes from when we talk about TLC. "T" stands for "twist," and it's something you must avoid after surgery.

"L" stands for "leaning," and "C" for "crossing" your legs, and these are two more things you must avoid right now. We do not want you to cross your legs, bend your hips past 90 degrees or twist your operated leg in any direction.

TLC guidelines are not just for the hospital, but also while you are recovering at home. When it comes to your new hip, the traditional TLC (Tender Loving Care) means avoiding another TLC:

T No TWISTING or TURNING to look behind you.

L No LEANING or bending over that causes the hip to flex beyond 90 degrees, and no LOW chairs.

C No CROSSING of the legs.

SOUTH CAROLINA JOINT CENTER

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