



Desert Orthopedics Center, PLLC
7301 E. 2nd St., Ste 310, Scottsdale, AZ 85251
www.desertorthoctr.com
contactus@desertorthoctr.com
Phone: 877-821-4657
Fax: 866-207-6786

Anterior Hip Replacement

Physical Therapy:

- You may place full weight on the operative leg immediately following surgery unless specifically told otherwise.
- You will begin walking with a walker, and transition to a cane, and then to no assisted device.
- Physical therapy is optional for a hip replacement as walking is the best form of therapy initially.
- No posterior hip dislocation precautions.

Incision Care:

- 3 days after your surgery you may let shower water run over incision (no soaking).
- After 3 weeks, you may submerge the incision in a soaking manner.
- If steri-strips were applied, these will fall off on their own

Discharge

- Plan to leave same day or day after surgery
- This will lower risk of infection
- May see increase in financial responsibility with increased duration of stay