



## Going Home After Surgery

For the next six to eight weeks following your discharge from the hospital, you will continue to heal and recover from surgery. You should balance periods of rest with periods of activity. Do not try to push yourself to progress to the point of pain or exhaustion. You will be given detailed, written discharge instructions for activities and medications. If you do not understand the instructions, please ask a member of the Crestwood team before you leave. A follow-up appointment will be made for you with your doctor to have your incision checked and your surgical staples removed.

### IMPORTANT NOTES

1. Continue with the your specialized exercise program you learned in physical therapy.
2. During the six to eight weeks that it will take your bones to heal, use your walker or crutches for walking until otherwise instructed by your doctor. Walk daily and increase distances, allowing for rest between activity.
3. When sitting for long periods of time, you should take breaks, change positions, or take short walks every 30 minutes to prevent stiffness, swelling and blood clots.
4. Do not resume sport activities until your doctor tells you it is okay.
5. Continue to take sponge baths until your doctor instructs you to resume regular bathing.

### CALL THE DOCTOR IMMEDIATELY IF:

1. You develop a fever over 101 degrees.
2. You experience excessive swelling, redness, warmth, or drainage from the operative area.
3. Your calf becomes numb, difficult to move or painful to the touch.
4. Your moderate pain becomes severe or constant.

### HELPFUL TIPS

1. Recruit a family member or neighbor to help you at home for the first week or two. The helper does not need to be there 24 hours a day. If you are unable to stay in your own home, you may elect to stay with a friend or family member for one to two weeks following you surgery.
2. If you choose to stay home arrange for your laundry, housekeeping, and grocery needs. Often family, friends, or neighbors ask "How can I help you?" Make a list of things you will need assistance with and be prepared to give them a specific task. Record who is doing the various tasks for your future reference.
3. If you live in a two-story house, plan on limiting trips up and down stairs to once or twice a day. Bring frequently used items to one floor. You may consider living on the same floor as the kitchen and bathroom for one to two weeks.
4. A firm chair with stable arms is the easiest chair to get in and out after surgery. Hip patients may need to pad a chair to avoid dislocation.
5. Arrange your furniture to eliminate clutter, allow for easy access with your walker and/or crutches and minimize fall precautions.
6. Plan to walk five minutes out of every hour.
7. Have plenty of extra pillows available to assist with proper positioning in bed.