



DELAWARE ORTHOPAEDIC SPECIALISTS

Discharge Instructions

Hip Fractures

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Full Weightbearing as tolerated with no restrictions. USE A CANE/CRUTCHES/WALKER TO ASSIST WITH WALKING
- Pain:** Take the prescription pain medication as needed, you only get one script. Please contact the office at 302 655-9494 if your pain is uncontrolled. Unless you have liver disease, supplement with Tylenol (max 1000mg every 6 hours). Unless you have peptic or renal disease you may also use Ibuprofen.
- Ice:** Ice is an excellent source for pain relief, swelling and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302 655-9494, x1141 after discharge from hospital to schedule a follow up appointment. *If discharged to a rehab facility from the hospital, the patient is to follow up after discharge from rehab facility.* If not sent to rehab facility, follow up in office 2 weeks after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call (302) 655-9494 for assistance.
- Dressings:** May change dressings on 3rd day from surgery and begin showering. Place a dry dressing as needed if drainage from incisions. May leave incisions open to air if there is no drainage from incisions.
- Showering:** It is ok to wash leg with soap and water. DO NOT SOAK leg in a tub or swim in pools until instructed otherwise. It is ok to sit in a shower chair and let water go down leg.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.
- DVT:** Take medication in attempt to prevent blood clots as recommended (Usually Lovenox or Xarelto) until completed. If you were not prescribed a medication for blood clots take Aspirin 325 mg 2 times per day until your follow up appointment.