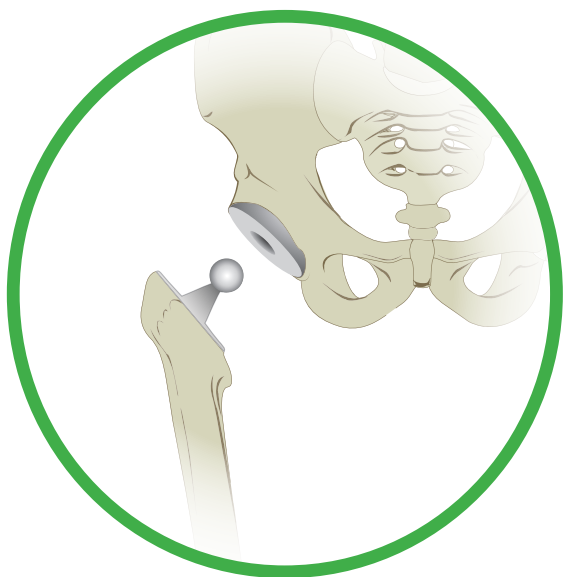


A Guide for your pathway home: Hip Surgery



Centre universitaire
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Office d'éducation des patients
Patient Education Office

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	Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Breathing Exercises				
Activities				
Pain Control	<p>Pain Intensity Scale</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>No pain Pain as bad as you can imagine</p> <p>pain should be kept below 4</p>	<p>Pain Intensity Scale</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>No pain Pain as bad as you can imagine</p> <p>pain should be kept below 4</p>	<p>Pain Intensity Scale</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>No pain Pain as bad as you can imagine</p> <p>pain should be kept below 4</p>	<p>Pain Intensity Scale</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>No pain Pain as bad as you can imagine</p> <p>pain should be kept below 4</p>
Nutrition				
Tubes & Drains				

A Guide for your pathway home: Hip Arthroplasty

	Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Breathing Exercises	Start breathing exercises.	Continue doing my breathing exercises every hour while awake.		
Activities	<p>With permission from my nurse and some help, I may get up and sit in the chair, as tolerated.</p> <p>Start doing circulation and leg exercises as soon as I wake up.</p>	<p>With help, get up and walk 2 times to the door of my room and back to the chair.</p> <p>With help, walk and use the bathroom, not the bedpan or commode.</p> <p>Sit in the chair for all my meals</p> <p>Be out of bed for most of the day.</p> <p>An x-ray of my hip may be done.</p>	<p>With help, get up and walk 2 times. Walk a longer distance than yesterday.</p> <p>With help, walk and use the bathroom, not the bedpan or commode.</p> <p>Be out of bed for most of the day.</p> <p>If not done yesterday, an x-ray of my hip may be done.</p>	<p>With help, get up and walk 2 times. Walk a longer distance than yesterday.</p> <p>With help, walk and use the bathroom, not the bedpan or commode.</p> <p>Be out of bed for most of the day.</p>
Pain Control	Tell my nurse if my pain reaches 4/10 on the pain scale.			
Diet	If I am not nauseous, drink liquids.	<p>I should be able to go back to my normal diet today.</p> <p>I should drink fluids and eat fruits and vegetables to prevent constipation.</p>	I should be eating my normal diet.	
Tubes & Lines	An intravenous will be connected to give me fluids and medications.	The intravenous might be removed today.	There will be no tubes or drains connected when I leave for home.	

IMPORTANT! PLEASE READ

Information provided by this document is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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