

Dr. Wohlrab
Discharge Summary for Total Hip

Diet Instructions: Regular

Call provider:

- Temperature greater than 101.5 F
- Redness, tenderness, or signs of infection (pain, swelling, redness, color, or green/yellow discharge around incision site)
- Severe Uncontrolled pain

Dressing – Leave clear dressing on until your post-operative appointment. May begin showering immediately, clear dressing is waterproof.

Do not submerge incision in water such as swimming or tub use.

Do not use ointments on incision, keep clean and dry.

You may use an ice pack to site.

Posterior Hip Precautions (6 week period)

- No bending past 90 degrees
- No crossing your legs
- Weight-bearing as tolerated

You will be on Aspirin 81 MG twice a day for a six week period to prevent deep vein thrombosis (blood clot) for prophylaxis or another blood thinner as discussed at your preoperative appointment.

Post-operative appointment attached with discharge instructions

Contact information:

Dr. Wohlrab's office (910)295-0265

Jessica (nurse) (910)973-1925

After hours – after 5pm M-F and weekends (910)715-1000 – ask for Pinehurst Surgical Physician on call.