



FAMILY NAME

MRN

GIVEN NAME

MALE  FEMALE

**Facility:**

D.O.B \_\_\_\_/\_\_\_\_/\_\_\_\_

M.O.

ADDRESS

**Discharge Instruction post Hip Replacement – Dr Sam Martin**

LOCATION/WARD

COMPLETE DETAILS OR AFFIX PATIENT LABEL HERE

A prolonged hospital stay is not necessary for a good result after joint replacement surgery and many people are more comfortable in their own home. This information is provided to ensure that your early discharge is safe, sensible and comfortable.

Your surgery was on: ..... Your follow up appointments are:

Doctor Martin: ..... Physiotherapist: .....

After discharge please use: ..... (gait aid) until physiotherapy review or when no longer necessary (cross one option out)

**Pain relief is important. You are advised to take:**

Regular Panadol until your surgical site is no longer painful. This is the last pain medication to stop (take 2 tablets at a time, 3 or 4 times per day depending on the strength)

Regular Targin (strength ) 1 tablet in the morning and 1 in the evening. (Cross out if N/A)

As needed, take one Palexia tablet up to 3 times per day for pain

As needed, take one Endone tablet once or twice in 24 hrs for pain (4 per day max)

As needed, you can take anti-inflammatories if you know are able to take them safely.

**Please let Dr Martin or your GP know if your pain is not well controlled after discharge.**

**Everyone has a different experience after hip replacement surgery. Some patients can get off the strong pain killers quickly, others may need them for longer. It can be a mistake to try to cut back pain killers too quickly. Some patients need an extra prescription for strong pain killers after the first script has run out, so don't feel bad if you need to ask for more. It is recommended to make an appointment with your GP at 10-14 days post op in case your pain medications or other medications need review.**

Continue the xarelto and white compression stockings until .....

(20 days post discharge)

(Bring this sheet and your tablets or empty packets to follow up appointments for clarity)

**COPY TO BE KEPT IN THE MEDICAL RECORD**

BINDING MARGIN – NO WRITING

EARLY DISCHARGE POST JOINT REPLACEMENT

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It is important to take softeners to get the bowels going, recommended: .....

Notify the Doctor if you haven't been able to move your bowels by: .....

(5 days post op)

Keep your wound covered with a clean dry dressing (ideally the original dressing, but it must stay dry) until 14 days post op ..... After 14 days the dressing can be removed and the wound can get wet, but leave the strip underneath on until it peels off easily at 3- 4 weeks.

**Your wound must stop leaking any fluid by 7 days after the operation, by .....**

**Please notify Doctor Martin of heavy leaking prior to that and new leaking/ staining of any sort after that date.**

Driving is not recommended until 6 weeks after the operation. You can sleep on your side as soon as it is comfortable.

Please notify us if your pain is excessive or not well controlled.

Some bruising (blue, black or yellow) coloration in the thigh or leg is normal and not generally a sign of a problem.

Excess swelling in the leg however can be a sign of a blood clot- please seek attention if you have concerns about this or anything else.

Useful contacts- Please feel free to contact Dr Martin with questions. Email is great for non urgent issues like questions about medication or dressings.

Dr Sam Martin 0414370560

Grafton Surgical Clinic 02 66422633

Grafton Base Hospital emergency department 02 66418333

Email: info@drsammartin.com