

# HIP TIMELINE



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## Total Hip Replacement Timeline

Dr. Tom Calton | Brandon Park NP

Today we will schedule the date of your surgery with Dr. Calton. If preauthorization is required, we will work with the insurance company to get your surgery approved.

\*\*\*Please ensure these pre-op steps are completed 2-4 weeks prior to your surgery\*\*\*

1. **Pre-op labs and EKG:** You will receive a call from the facility where we have ordered your tests. For most patients, this will be Ogden Regional Medical Center. If you have not heard from them 4 weeks before your scheduled surgery, call Pre-Op (801) 479-2483.
2. **Home health:** If you would like to have **home health** help after your surgery, please call them with your surgery date. We will provide a referral close to where you live.

### DAY BEFORE SURGERY

- You will receive a call from the surgical department at Ogden Regional Medical Center. They will tell you the time you should arrive at the hospital. This call may be later in the afternoon, usually before 6 pm.

### DAY OF SURGERY

- Report to REGISTRATION at the front entrance of Ogden Regional Medical Center. They will escort you to the pre-op area; family may wait here with you until the time of your surgery.
- During surgery, family may wait in the surgical waiting room.
- After surgery, you will go to recovery before going to a room on the hospital floor. Your family will meet you in the hospital room, approximately 1 hour after your surgery is complete.
- Most surgeries are outpatient. The nurses will make sure you are able to urinate and walk before discharging you from the hospital. You will have access to the hospital room for a "23-hour stay". Dr. Calton strongly encourages patients to go home the same day. Typically, morning surgery patients are discharged in the early afternoon, and afternoon surgery patients are discharged the same evening.
- You will be fitted with TED hose (compression stocking). Wear these as instructed for 30 days after surgery.
- After surgery, start taking aspirin 81 mg 2 times per day for blood clot prevention; continue taking aspirin for 30 days. If you were on a blood-thinning medication before surgery, resume your usual regimen of that medication.

\*\*\*Please wear your TED hose and continue aspirin for 30 days after surgery.\*\*\*

- You will receive a text from our office, Elevate Surgical, with a questionnaire. Please respond to this if possible.

### DAY 1 AFTER SURGERY

- Walk around the house as needed for light daily activities, including using the restroom, getting a drink, eating a meal, and general living. Gently walking is your main form of therapy.

- You may shower as soon as you like. Please leave the large waterproof Band-Aid in place until your first post-op appointment. DO NOT bathe, soak in the tub or hot tub, or swim until Dr. Calton says it is okay to do so. On your non-surgical hip there will be a small Band-Aid; leave this in place until your post-op visit as well. Do not wear the TED hose (compression stocking) in the shower.
- Use ice, compression, and elevation to reduce swelling at the surgical site and in the leg below.

#### **DAY 2 AFTER SURGERY**

- Continue with the same daily activities as on Day 1.

#### **DAY 3 AFTER SURGERY**

- Continue with the same daily activities as on Days 1 and 2.
- Increase walking distance daily.

#### **2 WEEKS AFTER SURGERY**

- This week we look forward to seeing you at your first post-op appointment in the clinic. During this visit, we will remove the mesh dressing, examine your incision site, and watch you walk. We may perform other tests to examine your range of motion and stability.
- We may recommend adding stationary bike exercise to your regimen. We can also discuss formal physical therapy and refer you to a physical therapist close to where you live.

#### **CONTINUING INSTRUCTIONS**

- Continue to increase your daily walking distance.
- Continue to use a stationary bike. Gradually increase bike exercise duration and resistance.
- Get back to things that make you smile and LIVE LIFE TO THE FULLEST!
- If you have any concerns or questions, please contact the Elevate Surgical office:  
Text or call: (801) 758-0206 or Email: [frontdesk@elevatesurgicalutah.com](mailto:frontdesk@elevatesurgicalutah.com)