

Dr. Desmond J. Soares

MB.BS. F.R.A.C.S

ORTHOPAEDIC SURGEON
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INSTRUCTIONS FOR PATIENTS FOLLOWING HIP SURGERY

Please take some PAIN KILLERS (usually 2 Panadeine forte or Oxycontin for an adult) about 6 hours after your operation. You may need to take 2 tablets every six hours for the first few days. After the first few days, cut back to 2 Panadeine or Panadol every six hours if needed. These can be purchased over the counter.

If your pain is not settling please go to the Emergency Department of Greenslopes Hospital or your nearest public hospital. You will be checked by a doctor there who will then contact Dr. Soares if necessary.

Dr. Soares has provided you with a script for XARELTO. This is a drug to reduce the risk of developing deep vein thrombosis (DVT) and pulmonary embolism (blood clots that can travel from your leg to your lungs). It is recommended that you have a dose of XARELTO once each day for 4 weeks. Please notify Dr. Soares if you have any ooze from your wound.

Please walk at least twice a day. The only exercise you need is to walk. Please use crutches for the first few weeks until you feel confident. You can then migrate to a walking stick. You should use some form of walking aid for at least the first 4 weeks.

For the first 6 weeks after your operation please observe the following precautions. These are to reduce your risk of the hip dislocating. Please don't cross your legs or bend down to pick anything up from the floor. If you travel in a car please sit with seat back so that your hip is not too flexed (bent). Please use a high chair and elevated toilet seat. This will reduce the risk of your hip dislocating. No driving for at least 6 weeks.

Please leave your dressings intact until for at least 3 weeks after surgery. This will reduce the risk of developing a wound infection.

FOLLOW-UP APPOINTMENT: Your follow-up appointment will be at

[X] SUITE 24, LEVEL 2, PLAZA CHAMBERS, 15 DENNIS ROAD, SPRINGWOOD
Ph: 32085552

Please telephone once you get home, and make an appointment, so you can see Dr Soares after your operation. Please bring any X-rays you might have with you.

PLEASE GIVE TO PATIENT