

Things to Know Before Your Hip Joint Surgery

1. **Do not make your own appointments** for surgery clearance unless instructed to do so. We take care of this for YOU! Your surgery scheduler will contact you with the dates and times of any appointments.
2. You have been asked to get nutritional labs drawn. These help your doctor make sure you are as healthy as you can be prior to surgery. Please go get these drawn **as soon as possible (within 1 week)**. We will notify you of the results ONLY if something is not normal.
3. If you have not been to a dentist in over a year, you will need to do so prior to surgery. **Should you require dental work or repair this will need to be completed prior to surgery.**
4. **YOU MAY NOT GO HOME ALONE AFTER SURGERY.** You will need help in the home for the first two weeks. Plan to always have someone with you in the evening hours the first two weeks you are home.
5. You will attend Joint Academy. This class will cover how to prepare for surgery, what to expect in the hospital, and what to expect while you recover after surgery. Please bring your support person who will be helping you while you recover at home.
6. Forms for FMLA, Disability, Insurance forms go to our Forms Department – not the nursing staff.
7. The attached diet suggestions will help with your surgical outcome. Please start following these suggestions now. This will help you as you prepare and recover from your surgery!
8. Exercises prior to surgery help with strengthening as well as aid in your recovery; see the attached suggestions. **We recommend you start today!**
9. You will be asked to stop specific medications prior to surgery which may include aspirin, arthritis medication, antiplatelet medicines, infusions, hormones, vitamins and herbs. Your doctor, nurse, and staff at the CARES department will instruct you.
10. It is important that you keep ALL appointments for the success of your surgery.
11. **Lastly, remember we are here for you!** Send us a MYChart message or call our Advice line nurses with concerns.

Choose iron-rich foods:

- Red meat
- Pork
- Poultry
- Seafood
- Beans
- Dark green leafy vegetables, such as spinach
- Dried fruit, such as raisins and apricots
- Iron-fortified cereals, breads and pastas
- Peas

Choose foods containing vitamin C to enhance iron absorption.

Vitamin C is found in:

- Broccoli
- Grapefruit
- Kiwi
- Leafy greens
- Melons
- Oranges
- Peppers
- Strawberries
- Tangerines
- Tomatoes

Learn to LOVE Fiber!

Shopper's Fiber Guide—Top 55 Fiber Foods

Tops Fruits

- Apples
- Bananas
- Blackberries
- Blueberries
- Guava
- Kiwis
- Mangoes
- Oranges
- Papaya
- Peaches
- Pears
- Raspberries
- Strawberries

Top Vegetables

- Avocado
- Beets
- Broccoli
- Carrots
- Corn
- Green cabbage
- Kale
- Romaine lettuce
- Spinach
- Sweet potatoes
- Tomatoes
- Zucchini

Top Beans & Peas

- Black beans
- Black-eyed peas
- Garbanzo beans
- Green beans
- Green peas
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Peas
- Pinto beans

Top Grains

- Brown rice
- Buckwheat groats
- Millet
- Oats
- Pearl barley
- Quinoa
- Rye flakes
- Wheat
- Whole-grain cornmeal
- Wild rice

Top Nuts & Seeds

- Almonds
- Brazil nuts
- Chia seeds
- Flaxseeds
- Hazelnuts (filberts)
- Peanuts
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Walnuts

EXERCISES

Intro: The best exercise prior to surgery is simply staying active. A simple walking program prior to surgery can assist in your recovery. Discomfort can be normal, but you should not push to the point of pain. Do not start a new exercise program without consulting your physician. Below you will see a list of exercises that will important after your surgery to return to function. Prior to surgery, it would be a good idea to familiarize yourself with the exercises and practice technique. If you would like to begin these exercises, suggested sets and reps are listed with each exercise.

**If any exercise is too painful, stop doing that exercise.*

1. Supine Ankle Pumps

Setup: Begin lying on your back with legs straight

Movement: Slowly pump your ankles by bending and straightening them

Tip: Try to keep the rest of your legs relaxed while you move your ankles.

STEP 1



STEP 2



2. Supine Gluteal Sets

Setup: Begin lying on your back with both legs straight.

Movement: Gently squeeze your buttocks muscles, hold 2-3 seconds.

Tip: Make sure to keep your back flat against the surface during the exercise.



3. Supine Quadricep Sets

Setup: Begin lying on your back with both legs straight.

Movement: Gently squeeze your thigh muscles, pushing the back of your knees down into the surface. Hold 2-3 seconds.

Tip: Make sure to keep your back flat against the floor during the exercise.

STEP 1



STEP 2



EXERCISES

4. Seated Long Arc Quad

(ONLY PERFORM THIS EXERCISE IF DIRECTED TO DO SO BY YOUR PHYSICAL THERAPIST)

Setup: Begin sitting upright in a chair.

Movement: Slowly straighten one knee so that your leg is straight out in front of you. Hold 2-3 seconds, and then return to starting position and repeat.

Tip: Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



5. Supine Heel Slide

(ONLY PERFORM THIS EXERCISE IF DIRECTED TO DO SO BY YOUR PHYSICAL THERAPIST)

Setup: Begin lying on your back with your legs straight.

Movement: Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip: Make sure not to arch your low back or twist your body as you move your leg.

STEP 1



STEP 2



6. Supine Hip Abduction/Adduction

(ONLY PERFORM THIS EXERCISE IF DIRECTED TO DO SO BY YOUR PHYSICAL THERAPIST)

Setup: Begin lying on your back with your legs straight.

Movement: Move one leg out to the side as far as you can without bending at your side. Make sure

to keep your heel against the surface you are lying on during the entire movement



Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.

You will receive a Joint Booklet at your Joint Academy class. If you wish to do any further reading, we recommend the following websites:

- Arthritis.org
- AAHKS.org
- Orthoinfo.org
- Edheads.com/virtual hip and/or knee replacement