

## Common Concerns on the First Visit After Your New Hip

**My hip is too long!** – Most leg length issues are related to the contracture of the hip muscles and how they are pulling on your pelvis after surgery. The muscle spasms from being manipulated, and swelling around the joint all cause tension that pulls on the pelvis making the leg feel long. Please **DO NOT LET ANYONE** put a lift in your shoe at this time. Use of a lift will actually prevent your pelvis and spine from stretching out after surgery. Please be patient, and work with your physical therapist on a home stretching program to help balance your pelvis and spine back to normal.

**Can I drive?** – Yes, most patients feel comfortable driving at around 2 weeks. Please no driving while on narcotics.

**Can I get in the pool or hot tub?** - Yes

**Can I get rid of my TED hose?** – Yes. Two weeks is the recommended time to wear TED hose. However, the TED hose can help with swelling control and can be worn longer if you wish to minimize welling of the operative leg.

**How long do I continue Aspirin?** – If you are taking Aspirin to thin your blood, please continue at the twice per day dose for a full 30 days from surgery. At that time, you may go back on your normal Aspirin dose, or discontinue the Aspirin if you were not taking Aspirin before surgery.

**Is there anything I should not do?** – Please use good common sense. The bone is still growing into the metal implants. There is a very low risk that the implants could loosen with vigorous activity, or the bone could break from a fall. There is also a very low chance that the hip could come out of socket. The hip capsule (the strong tissue that helps keep the hip in socket) is also repairing. Therefore, please avoid extreme motion on the hip. Both the bone and capsule regenerate at about 12 weeks from surgery. Use your physical therapist as a guide to how much activity you should be doing.

Remember, be patient and use your physical therapist to help guide you through recovery. Refer to the Hip Replacement Book given to you by Dr. Petrow for additional information. You can also visit Dr. Petrow's homepage at [www.tucsonroboticjointreplacement.com](http://www.tucsonroboticjointreplacement.com) for additional information.