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## **Frequently Asked Questions after Total Hip Replacement**

### **How long will I be in the hospital?**

2 to 3 days is the norm. Occasionally certain patients may need more time and will be transferred to a rehab facility for another week or two. Also, if being sent directly home from the hospital you may need home health. This will all be discussed while in the hospital.

### **When can I bear weight?**

There are two general types of hip implants: cemented and press-fit (or in-growth). Cemented hips can bear full weight right away. Press-fit hips require two weeks of 'touch-down' or partial weight bearing, then advancing to full weight bearing over the following four weeks.

### **Do I need Physical Therapy?**

The number one way to rehab your new hip is to perform the activities outlined by your therapists in the hospital. We will add exercises to your routine as time goes on and during subsequent visits. Walking is great for hips; do as much as you can safely. We may add a therapist if you need extra help.

### **What can I do and what shouldn't I do after surgery?**

Patients can expect to be back to full activity within a few months after surgery. You can hike, fish, swim, go for long walks, dance, bowl etc. We discourage aggressive skiing, jumping (basketball), and extensive running activities (marathons are out). Your hip will do anything you ask it to but there are things that are not advisable.

### **When can I drive?**

When you are off pain pills and you feel the leg muscles are back to full strength. Typically 2-4 weeks. Having a manual transmission and clutch makes it tougher to get back to driving.

### **What kind of exercise can I do?**

Water aerobics (after 4 weeks), walking, elliptical trainers, stationary bike, rowing machines, and even stair steppers are okay. You will work your way up to weight training after time. In the first few weeks just stick to the simple things and then progress as you feel comfortable.

You will be taught several things while in the hospital that are valuable and should be continued at home.

**When can I expect to be back to work?**

Depending on the job (manual labor or desk work) some will get back to work in 2 weeks. Usually you will begin to go back gradually, half days for example. Normally by 4-8 weeks you can be at full time and effort.

**When can I shower?**

You will learn how to shower while in the hospital. The important thing is to keep your incision clean and dry. Clear plastic wraps with tape are sufficient. We will evaluate your healing at your post-op visit and further educate you. No bathing, soaking, or hot-tubbing for 4 weeks after surgery.

**What precautions should I take to prevent dislocation of my new hip?**

The hospital staff are very good at instructing you in the different positions and movements that are considered dangerous (please page 7 of 'After Total Hip Replacement' handout). It is a very good idea to follow those precautions, especially in the early stages of recovery. At the time of your first post-surgery visit (typically two weeks after the day of surgery) we will discuss and demonstrate new, less restrictive, precautions.

**Who do I call after hours and on weekends?**

If there are any urgent concerns or questions that you may have during the after clinic hours (after 5:00pm) or on weekends please call the office number (323-2600) and you will be placed in contact with the on call physician from Boise Orthopedic Clinic. Every attempt should be made to contact us during office hours to ensure prompt response and resolution. If there is an emergency please call 911 or visit the nearest emergency room.

