

Dr. Stephen R. Shively DO

Department of Orthopedic Surgery – Sports Medicine
Hancock Regional Hospital
www.SteveShivelyDO.com
(317) 477-6683



**Fractured Hip Discharge Instructions
Dr. Stephen Shively**

Diet:

- Eat a balanced diet including whole grains, vegetables, fruit, low-fat dairy and lean meats. Drink plenty of fluids.
- Avoid alcoholic beverages and tobacco products.

Activities:

- Maintain your precautions and weight-bearing restrictions as you have been instructed in the hospital.
- Avoid sitting in low chairs and walking on slipper, uneven surfaces.

Medications:

- Continue blood thinner as prescribed for prevention of blood clots for 30 days.
- Take your pain medication as directed; decreasing the amount you take as your pain lessens.
- Stool softeners may be helpful in preventing constipation.

Showering:

- You may shower with your current dressing. Do not soak or submerge.
- Do not take a tub bath.

Caring for your incision:

- You may remove your occlusive dressing on post operative day 7.
- If the dressing becomes saturated or contaminated before then, place a dry sterile gauze dressing and change daily until the incision is dry, then may be left open to air.
- If the incision is dry and no longer draining, leave open to air.
- You may have steri-strips on your incision. Do not pull the steri-strips; they will fall off on their own after several days.
- If you have staples, they will be removed two weeks from when you had your surgery.

Stockings:

- If you have been given elastic stocking to wear you should continue to wear them for about a month after your discharge.
- You may take them off for approximately 1 hour when showering/sponge bathing.

Follow-up:

- Call our office at 317-477-6683 to schedule your follow-up appointment, which will be approximately 2 weeks after your surgery.

Notify your physician if you develop any of the following:

- Fever over 101 degrees for 24 hours.
- Severe pain or pain not relieved by medications.

- Redness, swelling, or drainage from your incision.
- Persistent pain in the chest or calf of leg.

Preventing Osteoporosis:

- Make sure you exercise regularly.
- Include foods rich in calcium and vitamin D in your diet.
- Discuss calcium supplements and other treatments with your primary care physician.