



## INSTRUCTIONS 3 WEEKS POST OP – HIP

- You may stop taking the aspirin and continue with an NSAID of your choice (ibuprofen, Naproxen, Aleve, Celebrex, etc.)
- If you were prescribed Eliquis (blood thinner), you may stop taking it now, and start taking Aspirin 81mg once daily for 30 days
- Taper off or stop all narcotic pain pills
- Discontinue cane when walking without a limp
- May soak in a pool or tub in one week
- NO restrictions or limitations within reason
- Resume driving if off all narcotic medicine and are able to move and respond easily
- A little redness, swelling, and warmth around the hip is normal
- Avoid any dental work for the first 3 months after surgery. Antibiotics before dental work are often not necessary. They are not needed for cleaning, cavity fillings, tooth crowns, or other routine exams.
- Antibiotics are recommended for tooth extraction, major tooth or gum infection, and major periodontal surgeries of the gum and bone.