

Post-Surgery Checklist

| Task | Timeframe | Notes |
|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------|
| Keep leg in compression hose or elastic bandage | A month after surgery, or at least until swelling goes down. Hose stockings are generally not used unless you have swelling. | |
| Staples and stitches removed | No earlier than 3 weeks after surgery | |
| Follow-up visit with surgeon | Two weeks to a month after surgery | |
| Home health, physical therapy | Home health services, including therapy, for one month after surgery | |
| Outpatient physical therapy | For 4 to 6 weeks after home health visits are completed | |
| Travel after surgery | As soon as you are comfortable doing so; as long as you exercise the legs, or make stops every hour to get out, stretch, and walk | |
| Driving after surgery | About 2 weeks for left hip; 3 to 4 weeks for right hip or bilateral (both hips replaced at the same time) | |