















## Total Hip Replacement Patient Care Pathway

	Day of Surgery	Day 1 Post-Op	Day 2 Post-Op	Day 3 Post-Op	Day of Discharge - Day 3-4
Diet	 Liquids, Diet as tolerated	 Encourage liquids, diet as tolerated			
Activity	Deep breathing, coughing and circulatory leg exercises.  Activity as tolerated.	 up to toilet      up to chair Activity as tolerated.	 up for walks to bathroom using walker and assistance, progressing to independent walking with appropriate aide Activity as tolerated.		  Stairs
Treatment	Circulation exercise & hip restrictions reviewed	  Increase flexion (bending), range of motion and strengthening exercises.			
Medication	 IV or oral pain medication	 Pain medication as needed			  Prescriptions.
Discharge Planning	Aim for discharge in 3-4 days	 Discharge needs discussed.			Follow up papers and care details including follow up in outpatient clinic. Discharge guide.