

Orthopedic Surgery Recovery Plan

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient ID: [Insert Patient ID]

Procedure Details

Procedure: Total Hip Arthroplasty

Date of Surgery: [Insert Surgery Date]

Recovery Goals

- Manage pain effectively.
- Improve mobility and strength.
- Prevent complications such as infection or blood clots.

Immediate Post-Operative Care

1. Activity Level: Bed rest for the first 24 hours, then gradual increase with assistance.
2. Pain Management: Administer prescribed pain medication every 4-6 hours as needed.
3. Wound Care: Keep the surgical site clean and dry; change dressings as directed.

Physical Therapy

Start physical therapy sessions within [X] days post-surgery, focusing on:

- Range of motion exercises
- Strengthening exercises
- Gait training with assistive devices

Follow-Up Appointments

Schedule follow-up visit in [X] weeks to assess recovery progress and remove stitches if necessary.

Emergency Contacts

Contact your surgeon or healthcare provider if you experience:

- Increased pain or swelling in the hip
- Fever over 101degF
- Redness or drainage from the surgical site

Patient Instructions

Please adhere to the medication schedule and remember to attend all scheduled physical therapy sessions for optimal recovery.

Best Regards,

[Surgeon's Name]

[Surgeon's Practice or Hospital Name]

[Contact Information]