FOR PATIENTS & FAMILIES · HIP REPLACEMENT

KG

Before the hip replacement, *a checklist.*

What to settle with the surgeon's office, what to set up at home before surgery day, and the signs that need a call.

ASK BEFORE SURGERY

- ☐ Is the plan same-day surgery or a hospital stay, and will the stay be inpatient or outpatient?
- ☐ Which hip precautions apply, and when do they end?
- ☐ Is full weight on the leg allowed right away?
- ☐ Will therapy be home visits, outpatient, or a self-directed program?
- ☐ What equipment should be at home before discharge, and who orders it?
- ☐ What is the plan to prevent blood clots, and for how long?
- ☐ Who is the contact for problems at night or on a weekend?
- ☐ If a facility stay is possible: how will the stay be classified, and will the three-day rule apply?

SET UP THE HOME

- ☐ Remove throw rugs and fasten electrical cords out of the way.
- ☐ Make room to move around with a walker.
- ☐ Keep everyday things within easy reach.
- ☐ If the bedroom is upstairs, consider sleeping downstairs for a while.
- ☐ A firm chair with a higher seat, which is easier to get out of.
- ☐ A shower chair, a grab bar and a raised toilet seat.
- ☐ A reacher, a long-handled shoehorn and a long-handled sponge.
- ☐ Help lined up for the first weeks: cooking, shopping, bathing and laundry.

AFTER SURGERY: ACT RIGHT AWAY

Possible clot in the leg: calf or leg pain that is not from the incision, calf tenderness or redness, or new or increasing swelling of the thigh, calf, ankle or foot.	Call the surgeon right away.
Possible clot in the lung: sudden shortness of breath, sudden chest pain, or chest pain in one spot with coughing.	Call 911.
Possible infection: a persistent fever over 100°F taken by mouth, chills, increasing redness, tenderness or swelling of the wound, drainage, or hip pain increasing with activity and at rest.	Call the surgeon right away.
A fall, or sudden severe hip pain.	Call the surgeon's office right away; go to an emergency department if you cannot put weight on the leg.

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Scan or visit · kevineugenegroh.com/rehab/rehab-after-hip-replacement/

General education, not medical advice. It does not create a patient–provider relationship. Precautions, weight-bearing and activity rules differ between surgeons and patients: follow your own surgical team's instructions. Home set-up and warning signs follow the American Academy of Orthopaedic Surgeons' patient guidance; full sources are on the web page. Updated Nov 2026.