

After Your Hip Nail/Rod Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a dressing on your hip incision to keep it covered
- Leave the dressing in place until 14 days after surgery
 - If the dressing comes off, replace it with another Mepilex dressing
 - You may shower over the dressing
- Call our office at 308-865-2570 if something happens to your dressing or incision

Medications

- You will be prescribed pain medications to control your pain after surgery
- A blood thinner will be prescribed for 5 weeks after surgery to decrease risk of blood clots. Take the entire 5 weeks of blood thinner medication.
 - If you were on a blood thinner before surgery, that is typically re-started after surgery and continued long-term again

Activity

- You are allowed and encouraged to put full weight on your injured leg
 - A walker is typically helpful until strong enough to transition to a cane
 - Some patients also require assistance to walk while re-building strength after surgery
- Physical therapy is aimed at walking as much as possible, not strengthening the hip
 - Strengthening can be started once the fracture is more healed if necessary

Follow-Up Care

- You will have an appointment in clinic 6 weeks after surgery
 - Additional appointments are at 12 and 24 weeks after surgery

Results

- Pain and soreness can remain for months afterwards
- Many patients are able to return to previous activities
 - Some patients lower their activity level after the broken hip