



## **GENERAL HOME CARE INSTRUCTIONS**

### **HIP SURGERY**

- You should plan to spend several days resting as much as possible.
- You will be using an ice pack or cooling device depending on your surgeon's preference for several days.
- You will be seen by a Physical Therapist before surgery and given instructions on using crutches as well as walking restrictions.
- You will not be able to shower for several days.
- More specific instructions will be given on the day of surgery. Please contact your surgeon's office if you have additional questions.