

BEN SERVICE, M.D.

BOARD CERTIFIED ORTHOPEDIC SURGEON

Shoulder and Elbow Specialist

Hip Fracture Fixation Surgery

Plan for Care and Recovery After Your Surgery

Your health and safety are the number one focus of our entire care team. In the hospital or at the surgery center, we have many people working to help you have a successful surgery. When you return home, the responsibility for your recovery and care rests on you and your support system (such as family or friends). We want you to feel ready for a smooth transition from the hospital or surgery center to your home or the rehabilitation center. Many patients after hip fractures need care in a rehabilitation center to aid in their recovery.

Our main goal is to make these instructions clear to help you during the healing process. We want you to have the best outcome possible. Please let us know if you have any questions.

Living Arrangements

For the first night after you leave the hospital and possibly longer, a **friend** or **family** member should stay with you to help monitor your recovery, to assure that your medication is used as directed, and to let us know if there are any problems. If that type of help is not available, please let us know. You may need care in a rehabilitation center to aid in your healing.

Pain Medications

- Our goal is to treat your pain with multiple medicines and treatments (e.g., the sling and ice pack) in the safest way possible. This is called “multi-modal” pain control.
- Apply an **ice pack** to the site of surgery. Wrap the ice pack in a towel before placing on the hip region to protect the skin. Apply for 30 minutes and then take a ten-minute break. Repeat 5 times per day minimum for the first 3 days.
- You will be given an adequate supply of pain medicines to manage the pain we expect after your procedure. It is important that these be taken only as prescribed, to keep you safe and avoid complications.
- **If you do not need the pain medication or can manage with a lesser dose, that is encouraged.** Please call our office at 321-842-0060 if you have questions about the medicines.
- If you think that you will need a refill of medications, please call at least 2 days before you run out of medicines.
- If your pain worsens significantly, please call our office at 321-842-0060.

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Other medications

If you were taking medicines at home before surgery, please talk with us and the medical doctors about when they can be safely restarted.

General Physical Activity

It is important for you to progressively resume your normal level of physical activity as soon as possible after surgery – walking with another person is often the safest way to start.

Therapy/exercises

Successful recovery from your hip surgery depends in large part by your work in the exercise program prescribed for you. If you have any questions—please let us know.

Recommended Exercises, Restrictions, and Recovery Plan after Hip Fracture Surgery

- You can put weight on the leg that had surgery when walking.
- Always use crutches or walker to help minimize the risk of a fall.
- Start physical therapy as soon as possible after surgery. This will begin in the hospital and will continue for some time (usually a 2 to 3 months minimum)
- Slowly increase your activities and be active.
- Move your ankles and toes up and down frequently to help with good blood flow on the side of surgery.
- Make sure that there is a plan for **anticoagulation**, also known as a **“blood thinner” to decrease your risk of a blood clot after surgery.**

If you have a problem or question, please let us know sooner rather than later.

We want you to have the best outcome possible.

If you have an emergency: Call 911.

- For problems during business hours that are not emergencies, please call our office at the Spring Lake Medical Pavilion at 321-842-0060. Ask to speak to a nurse or a physician’s assistant from the team with Dr. Service.
- After business hours, call the paging operator at 321-842-0060 and ask to speak to the provider covering for Dr. Service’s team.

Best wishes for a great recovery,

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