



**Lisa Kaplin, DO**

**HIP FRACTURE POST OPERATIVE**

You may shower on post operative day 3. Do not bathe until told to do so by physician. Usually after your staples are removed it is safe to bathe. When you shower, let water run on incision, do not scrub with soap and water. Pat dry when coming out of the shower, and cover with a dry sterile dressing.

Follow up 14 days post operatively for a wound check and removal of staples.

You may weight bear as tolerated on your operative extremity. Use a walker for assistance the first 2-4 weeks. You will feel unsteady on your feet initially, which will predispose you to falls.

Take Aspirin 325mg daily for 4 weeks to prevent blood clots, unless you are on another form of anticoagulation.

**\*POSTERIOR HIP PRECAUTIONS\***

If you had a hemiarthroplasty performed please use your abduction pillow in bed for the first 4 weeks, and do not bend your knee past 90 degrees, flex your hip past 90 degrees, or sit in any low chairs.

Please call my office if any questions or concerns come up prior to post operative visit  
(215) 745-4050

**Wishing you a speedy recovery!!**