

RECOVERING FROM TOTAL HIP REPLACEMENT

Incision Care

How do I Take Care of my Incision?

Do not use ointments, creams or lotions around your incision, particularly when the mesh is still in place. After the mesh has been removed, please wait one more additional week before you apply any ointments, creams or lotions to your incisional area.

See "Dermabond Prineo Instructions" in the Appendix for more information about the skin closure system.

Let's Talk about Drainage

It is not uncommon to have slight drainage from your incision site. If it occurs, it is generally very minimal and lasts just a few days after surgery. If at any time you are concerned about incision drainage, please call our office at 425.656.5060 and ask to speak with our Orthopedic Care Coordinator.

You can Shower!

Over your incision, you will see a dressing that is silver in color with clear edges (Fig. 7). This dressing is waterproof. Because of this, you can shower! We would like you to **leave this dressing in place for FIVE DAYS from your surgical date**. On rare occasions, some people have a reaction to the adhesive. If you begin to have itching or redness surrounding the dressing, please remove immediately.

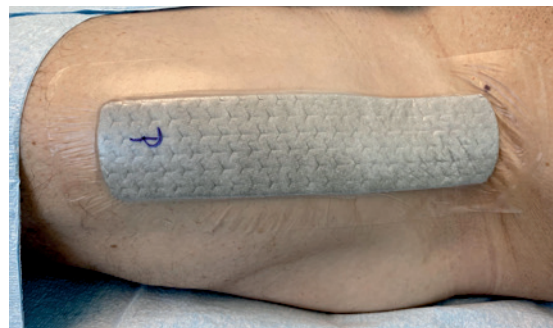


Figure 7

Remove your Silver Dressing when you have been Home 5 Days

Once it has been five days from your joint replacement, you should remove your Mepilex/silver dressing. Begin by grabbing the top edge of the clear portion of the dressing (Fig. 8 and 9). Pull gently in a downward fashion until completely removed. Underneath this dressing, you will see a clear mesh on your incision. This is called **DermaBond Prineo** and is part of your Incision closure. This should remain over your incision for up to **THREE WEEKS**. You may find that the edges of the mesh start to curl up. In this case you may trim off the curled up edges (Fig. 10 and 11). You may continue to shower as the mesh continues to keep your incisional area waterproof.



Figure 8



Figure 9



Figure 10



Figure 11

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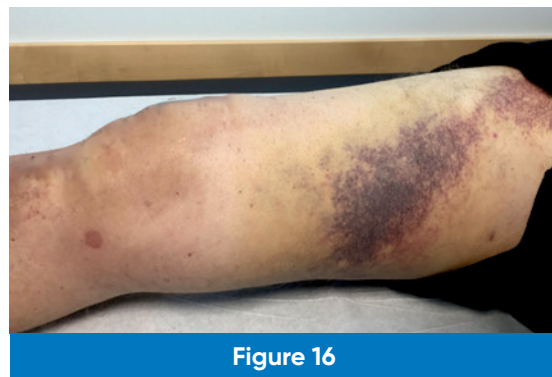
Time to Remove the Dermabond Prineo

It is time to remove the Dermabond Prineo now that you are three weeks from your joint replacement. Apply a generous amount of any type of petroleum product such as Vaseline. Work it into the mesh. Allow that to sit on the mesh for three to five minutes. After five minutes, start with the top edge of the mesh and gently pull in a downward fashion (see Fig. 12, 13 and 14). The mesh should peel off fairly easily. If it is still difficult, apply more petroleum product and/or give it more time to soak into the mesh. To forcibly remove the mesh may cause injury to your skin. You may continue to shower as your incision is now well healed. We would like you to hold off for one more week before you soak in a tub or a pool.



Bruising

It is not unusual to develop bruising following a hip replacement (Fig. 15 and 16). Bleeding normally occurs around the hip and gravity will cause this blood to track along the tissue planes of your leg resulting in bruising of the thigh, calf, foot, and ankle. This is normal and you should not be alarmed. Bruising will develop over time and ultimately end up in your toes before it's over. As the body absorbs the blood, the bruising will gradually go away on its own.



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Blisters

Some patients may develop blisters around the hip and/or the incision (Fig 17). Although blisters can be alarming in appearance, they pose no significant risk to your hip replacement. They may leak clear fluid for a period of time. If needed, you may cover the blistered area with a non-stick dressing and paper tape until a "scab" forms. These supplies can be obtained at any pharmacy. Otherwise, they should be left open to air and can generally be ignored as they will resolve on their own.

Numbness

Most patients develop an area of decreased sensation (numbness or tingling) on the outer part of the hip (Fig. 18). This numbness is expected and normal after hip replacement. It is not a sign of any problem. The area of numbness typically decreases in size over the next 6 to 12 months.



Figure 17

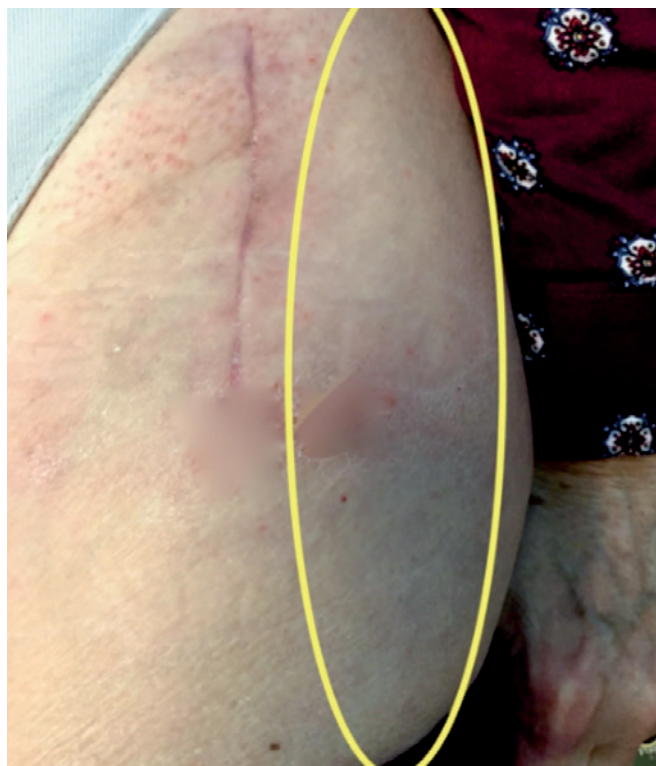


Figure 18

APPENDIX

Incision Instructions

Dermabond™ Prineo™ (DBP) Skin Closure System

Your incision was closed with a water-tight, sterile, and strong wound closure system called **DERMABOND™ PRINEO™ (DBP)**. There are multiple layers of dissolvable sutures under the top layer of your skin. There are no sutures or staples to be removed, however, the mesh will eventually fall off or be removed. See instructions and answers to common questions about this wound closure system below.

1. **Five days after surgery, you should remove ONLY the top bandage that is silver with clear edges (Mepilex)** as seen in Figures 28 and 29. You will see a mesh-like material covering your incision underneath. This is the DBP. It is normal to appear wrinkly, to have some dried blood spots on the mesh, and purple pen marks (Fig. 30 DBP). **The DBP is to be left in place for up to 3 weeks.**
2. The corners may peel up as seen in Fig. 30. Trim the peeled up edge(s) with clean scissors (Fig. 31 trimming DBP).
3. **You may shower with the DBP.** Do not scrub it or submerge it in water. Pat dry with a clean towel.
4. **After 3 weeks, if the DBP is still in place, please remove it.** Apply a generous amount of any type of petroleum product such as Vaseline. Then wait 3 to 5 minutes. Then, start by peeling up the top edge of the mesh, and gently pull in a downward fashion and in-line with the incision. The mesh should come off easily. If it is difficult, apply more petroleum product or allow more time for it to soak into the mesh (Fig. 32, 33, and 34 taking the mesh off). Forcibly removing the mesh may cause damage to your skin. Once removed, you may continue to shower.
5. **Refrain from soaking in a hot tub, swimming, or applying any lotions, creams, or ointments on the incision for a minimum of 4 weeks from surgery.**

Frequently Asked Questions

There is blood on the DERMABOND™ PRINEO™, is that normal?

Yes, the incision does bleed a little while it is being closed during surgery. We do not anticipate a large volume of blood draining or pooling under the DBP. If this occurs, please call the clinic and ask for our Orthopedic Care Coordinator at 425-656-5060.

Why can't I just remove the dressing after surgery?

The DBP is a part of your wound closure system and is a substitute for staples. It helps the skin heal and helps prevent infection. It should remain on your incision for two to three weeks.

How do I remove the mesh after three weeks?

See #4 above and Fig. 30-34 on the next page.

APPENDIX

Incision Instructions



Figure 28
Mepilex



Figure 29
Removing Mepilex on day 5



Figure 30
Dermabond Prineo: leave
in place up to 3 weeks



Figure 31
Trimming DBP



Figure 32
Vaseline (3 weeks after surgery)



Figure 33
Wait 3-5 minutes



Figure 34
Removing DBP