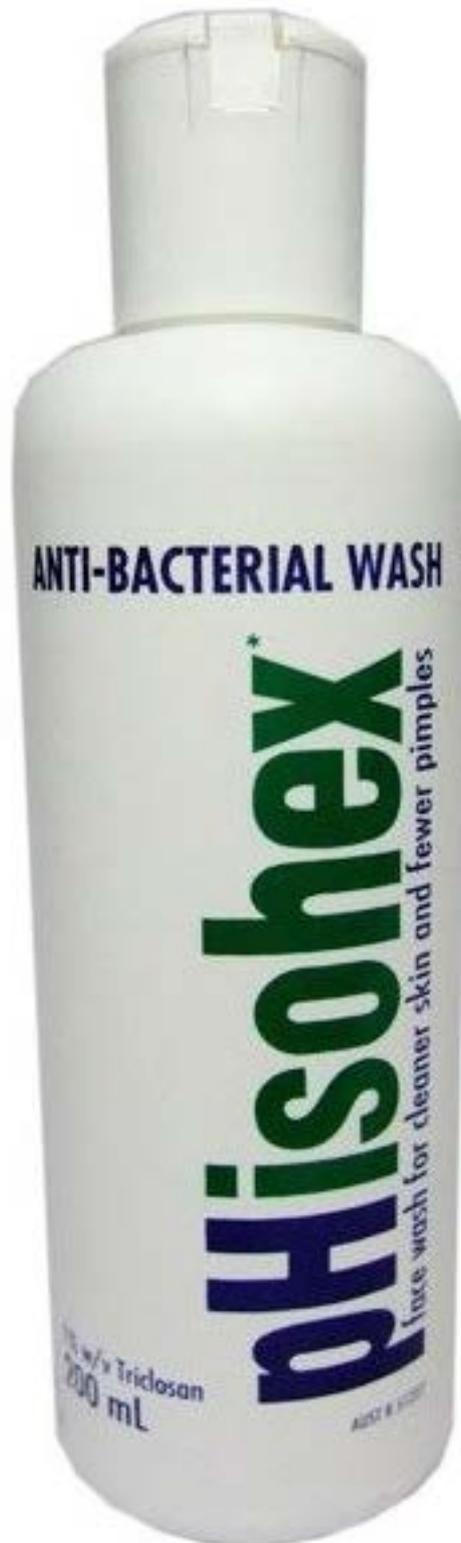


| TOTAL HIP REPLACEMENT – TIMELINE OF EVENTS | | TICK |
|---|---|-------------|
| 3-4 Weeks Prior | CT Scan/Xrays and Blood Tests | |
| | Lodge Hospital Admission Forms | |
| | Perform pre-op exercises (FORCE) | |
| | Cardiac Tests/Consultation if required | |
| 2 Weeks Prior | Organise home for discharge | |
| | Organise toilet and shower aides, pickup stick | |
| | Canadian crutches – bring into hospital with you | |
| 1 Week Prior | Anaesthetic Consultation/Phone call | |
| | Cease any vitamins, herbal, non-prescribed medications | |
| | Keep skin clean – not cuts, grazes on legs | |
| 5 days before | Wash body daily with phisoex wash | |
| | Apply bactroban nasal ointment (if required) | |
| Day before surgery | You will be advised admission and fasting times | |
| Things to bring to hospital | Day clothes, night clothes, toiletries, non-slip shoes, medications in original packaging, crutches | |
| Day of Surgery | Admit to Hospital | |
| | X-rays are completed in Recovery Room after surgery | |
| Day 1 Post-Op | Blood tests, physiotherapy | |
| Day 2 - 5 | Discharge from Hospital | |
| | Pain under control | |
| | Physiotherapist – safe on stairs | |
| | Wounds clean and dry | |
| Day 10-14 | Sutures removed, wounds checked | |
| | Return ice bucket | |
| Day 30 | Cease Xarelto, start Aspirin 100mg once daily | |
| Six Weeks | Stop Aspirin if you don't take it normally | |
| | Remove TED's | |
| | Post-Op x-rays | |
| | Consultation in Dr's rooms | |
| Six Months | Post-Op x-rays | |
| | Consultation in Dr's rooms | |
| One Year | Post-Op x-rays | |
| | Consultation in Dr's rooms | |
| Two Years | Post-Op x-rays | |
| | Consultation in Dr's rooms | |



Wash your body once a day for 5 days prior to surgery including the day of your surgery with phisohex. You do not need to wash your hair or face with phisohex.