













# Hip Fracture Recovery Pathway: Before Surgery to Day 7 After Surgery

Care	Before Surgery	Day of Surgery	Day 1 (After Surgery)	Day 2	Day 3	Day 4 to 7	Discharge Goals
<b>Fluid and Nutrition</b>	→ Nothing to eat or drink → May eat if your surgery is delayed → Intravenous (I.V.) started for fluids and medicine → Bladder catheter may be put in	→ Diet as tolerated <b>after</b> surgery → Bowel care 	→ Progress diet as tolerated → I.V. as needed → Sit up in chair for meals → Bladder catheter is taken out 	→ Start high-protein and high-calorie diet → I.V. as needed → Bowel routine as needed			
<b>Activity</b>	→ Bedrest → Help with positioning → Help with mouth care and skin care as needed → Hourly deep breathing exercises (10 times an hour)	→ Deep breathing exercises → Help with positioning and moving as needed	→ Deep breathing exercises → Help getting out of bed → Start physiotherapy for strength and walking 	→ Deep breathing exercises → Physiotherapy → Do own hygiene as able → Review transferring, safe moving, equipment, and footwear	→ Deep breathing exercises → Walking and exercises → Dressing and own hygiene as able → Occupational therapy as needed 	→ Deep breathing exercises → Increase walking and independence 	
<b>Treatment</b>	→ See a specialist as needed → Blood tests, x-rays, electrocardiogram	→ Surgery	→ Blood tests → Specialist follow-up as needed → Ice on incision as needed	→ Dressing may be changed or taken off			→ Review follow-up tests and appointments → Review how to care for your incision
<b>Medicines</b>	→ Intravenous (I.V.) → Pain medicine → Antibiotic started 	→ I.V. → Pain medicine → Antibiotic → Blood thinner → Regular medicine restarted	→ I.V. and regular pills → Pain pills as needed → Antibiotic → Blood thinner → Calcium and vitamin D 	→ Regular medicine → Pain pills as needed → Blood thinner → Calcium and vitamin D		→ Osteoporosis medicine and teaching as needed	→ Review medicines 
<b>Discharge Plan</b>	→ Talk about your discharge needs (like equipment and resources) → Talk about Personal Directives → Talk about the choices for the best place for you to recover (like at home, local hospital, rehabilitation unit) → Talk about your bone health with the Fracture Liaison Service (FLS) team	→ Family or contact person updated after surgery	→ Learn about blood thinners → Learn how to move safely → Learn how to prevent falls → Review goals and options for discharge	→ Review your discharge plan with your team, including location or services you need 	→ Review discharge plan and goals → Review equipment → Review services needed 	→ Go to planned location for ongoing recovery	→ Home care support and monitoring as needed → You understand your discharge instructions → You know: <ul style="list-style-type: none"> <li>• how to do your exercises</li> <li>• what equipment you need</li> <li>• the signs of infection</li> <li>• when to call your family doctor or surgeon</li> </ul>