

TOTAL HIP REPLACEMENT

AFTER SURGERY CARE



Maitland
Private Hospital

Daily Living After Your Total Hip Replacement

In the weeks after surgery, the surrounding muscles and tissue takes some time to heal. By following the suggestions outlined here you will minimise the risk of your hip dislocating.

Full recovery from surgery takes about 3-6 months. Recovery time will vary depending on your type of surgery, overall health and the success of your rehabilitation.





Sitting In A Chair

- Avoid sitting on low chairs or surfaces e.g. standard toilets or low beds
- To lower yourself into a chair hold on to the armrests and carefully lower yourself into the chair, keeping the operated leg straight out in front
- Sit with your feet and knees apart and your feet pointing straight ahead
- **When seated** do not bend forward or to the side, to pick objects off the floor.

Getting In And Out Of Bed

- **Getting in**—lead with your un-operated side
- **Getting out**—lead with your operated side
- Try to keep your legs close together when lowering them from the bed to the floor
- **When sitting** on the bed do not twist your body to pick up items behind you
- **When standing**, keep your operated leg straight out in front of you and take the weight through your un-operated leg. Push up from the bed with your arms
- You can lie on your un-operated side with a pillow between your legs for support
- If your bed is very low it may need to be raised.

Walking

- Your Physiotherapist will prescribe a walking aid, if required
- When walking, always move your feet before turning your body.

Stairs

Ascending Stairs

When going up stairs make sure you steady yourself at the bottom and then step up with your non-operated leg. Your stick should move at the same time as your operated leg. You will need to do one step at a time for the first few weeks.

Descending Stairs

When you're going down the stairs make sure you put your operated leg down first with the stick, and do one step at a time. You should use a hand-rail where appropriate.



Car Transfers

Getting Into A Car

1. Have someone push seat right back before you begin
2. Back up to the car door entry
3. Seat bottom down first
4. Slide self to the back of the car seat
5. Swivel legs into the car.

Getting Out Of A Car

1. Swivel legs out of car
2. Slide self to edge of seat and plant feet on ground
3. Stand up pushing on seat of car.

Your surgeon will tell you when you are able to resume driving.



Self Care

- Avoid carrying heavy items
- Ensure everyday items are within hip and shoulder height to avoid low bending, over reaching or twisting
- Be seated when undressing, washing, drying legs and feet
- Use a shower chair or stool in the shower
- Do not attempt to sit in a bath
- Dress your operated leg first and undress it last
- Long-handled equipment can enable you to complete tasks independently e.g. Easireacher, long-handled shoe horn, long handled sponge, sock aid
- Raise the height of your toilet seat using an over-toilet aid or raised toilet seat.



Useful Equipment For Home



Raised toilet seat



Shower chair



Bed blocks to raise height of bed



Height adjustable arm chair



Easireacher/ pick-up stick



Long handled brush



Long handed show horn



Toe wiper



Sock aid

Your Occupational Therapist can help arrange these items.

Looking After Your New Hip



Correct Positioning When Seated

Keep your hips flexed/bent greater than 90 degrees.



Incorrect Positioning

Avoid flexing/bending your hips less than 90 degrees, or leaning too far forwards.



Incorrect Positioning

Legs crossed while seated.



Incorrect Positioning

Leg rotated inward while standing.



Incorrect Positioning

Legs crossed while standing or lying.

Your surgeon will provide specific advice for looking after your new hip.

Notes

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If you have any questions that require an urgent response please contact the hospital directly on 02 4933 8400.

In an emergency or life threatening situation you must go to your local Emergency Department for appropriate treatment.

Follow us:



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