



PRECAUTIONS AFTER HIP SURGERY

For two (2) months after your hip surgery there are movements that you will not be allowed to do. Following these **RULES** will help keep you from dislocating your new hip.

GUIDELINES

Dressing:

Prepare ahead. Put your clothes near where you will be sitting to get dressed. If you cannot get your clothes without bending your hip past 90°, get someone to help or use a reacher. Sit in a high chair with armrests.

A **sock aid** and a **long-handled shoe horn** will help you to put on and take off socks, stockings, and shoes without bending at the hip. A **reacher** can help you to put on underwear and pants.

For socks, use a **sock aid**. For shoes, use slip on shoes or a long handled shoe horn and/or elastic shoe laces. (Choose shoes with non-slip soles and heels that are wide and low.)

Dress your operated leg first.

Dress your upper body as you usually would. To put on underwear, pants, socks and shoes **you must use reaching equipment or have someone do it for you.**

Taking your clothes OFF.

While standing, pull your pants and underwear down to your knees. Sit down, then use a reacher to get pants, underwear and shoes/socks off. Undress your unoperated leg first and operated leg last.

Getting Washed

DO NOT SIT on the bottom of the bathtub. Sponge bath until your incision is healed. Then you may use a tub transfer bench with a hand held shower, which can be rented if desired.

Use a long handled sponge if you want to wash below the knee. Make sure you have a non-slip surface in your tub.

Do not step into the tub until you are able to put all your weight on your leg without any problems. You may need to have a grab bar installed.

When stepping into the tub, be sure to bend at the knee to clear the tub, instead of bending your hip.

Using the Toilet

You **must** use a **raised toilet seat** or a **commode chair** since regular toilet seats are too low. You may also want to have a grab bar installed on a wall beside the toilet.

SITTING

Sit in a firm straight-back chair with arm rests. Arm rests will help you to get up. Sit on a high chair or use a firm cushion on a regular chair. **Your knee *should not* be higher than your hip**, so try not to use reclining chairs, rocking chairs, stools, and low soft couches. **DO NOT CROSS YOUR LEGS.** The seat of the chair should be higher than knee height. You can make a chair higher by putting blocks under the legs. Ask your Occupational Therapist for more information if needed.

Bed: Use a bed with a firm mattress. If it is too low, you will need to raise it by adding an extra mattress or using furniture blocks on the bed legs.

Picking things Up from Below Knee Level: Get someone to pick things up for you, or use a long handled reacher. A pair of barbeque tongs may be used if they are long enough to prevent bending past 90° at the hip.

GETTING IN AND OUT OF A CAR

Ask your doctor when you may begin driving again. The best time for returning to driving is often three (3) months. Try not to use low car seats and do use a pillow. Have the driver put the seat back all the way and in a slightly reclined position. Back up to the car with the walker. Sit down while keeping the operated leg out in front of you. Slide back across the seat until you can swing both legs in together, turning your body at the same time. Sliding on the seat is easier if you sit on a plastic bag. To get out, turn with your legs together until your legs are outside the car. Push yourself to the edge of the seat and stand up.

HOUSEHOLD TASKS

You will need someone to do housework and make your meals for at least

the first four (4) weeks following your hip replacement.

Slowly return to these tasks and do not bend to get anything below knee height for two (2) months following your surgery. Use a walker basket or trolley to help carry things within the kitchen. Reorganize your kitchen storage so that things that are used most often are at counter height. Stand more than sit to work. Use a reacher to get things below knee height.

SEXUAL ACTIVITY

Usually you may safely resume sexual activity 6 - 8 weeks after surgery. Lying on your back is advised. Try not to twist the hip or force it to bend. Remember if you start sexual activity earlier than 6 - 8 weeks, be sure to follow precautions, and do not bend your hip past 90°.

SUMMARY OF EQUIPMENT RECOMMENDED

It is suggested that you have a reacher to assist you in the two month recovery period. You must have a raised toilet seat, and an adequate chair and bed height to prevent you from bending too far. A tub bench is helpful and is safer than showering. Be sure you always have a non-slip surface in your tub. The Red Cross has a small supply of equipment for loan. Your local pharmacy often will rent equipment. The Occupational Therapist will help you to get the equipment.

Please contact our department if you have any questions or concerns about your activities of daily living.

Occupational Therapy _____

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