

post-op total hip replacement precautions and instructions

Thank you for choosing the Orthopaedic Center at St. Vincent's. Your care and recovery after hip replacement surgery is now your top priority. Follow these rules and guidelines as you navigate your road to recovery unless your orthopaedic surgeon tells you otherwise. If you have any questions, contact your surgeon or the Orthopaedic Coordinator at (475) 210-5409.

INCISION CARE

The care of your incision is simple. Just remember:

- Some redness, bruising and swelling is normal
- Check with your surgeon for specific instructions regarding showering. If you can't get the incision wet, you can cover it with plastic wrap secured with tape.
- Follow your surgeon's instructions regarding dressing changes. Do NOT apply any cream, lotions or ointments to the incision unless specifically directed by your surgeon.

TOOLS FOR RECOVERY

Using Your Reacher: Use your reacher to pick up small items which are: – higher than your shoulders, or – lower than your knees.

Bathroom: An elevated toilet seat with arms may be needed for about six weeks after surgery. We recommend that you use a 3-in-1 commode.

Create A Recovery Home Zone: You'll want these in easy reach: telephone, TV remotes, music, books, a water pitcher and a cup, a blanket, paper & pen for making notes about your questions.

tools for recovery

To help you with a safe recovery, you can purchase a Hip Kit in the Seton Center Gift Shop. The Hip Kit includes a reacher/ grabber, dressing stick, long-handled sponge, long-handled shoe horn and sock aid. (\$26.95)

St. Vincent's Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak English, language assistance services, free of charge, are available to you. Call 1-475-210-5608.

St. Vincent's Medical Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-475-210-5608.

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HIP PRECAUTIONS – ANTERIOR & POSTERIOR

Avoid these activities for 4-6 weeks or as prescribed by your surgeon. Be sure to be mindful of movements and activities you take for granted during this time. Please follow these suggestions.

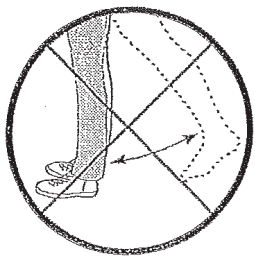
- Do not drive until it is approved by your doctor.
- Do not lift any heavy objects.
- Do not do any activity which requires sudden starts, stops, or turns, such as tennis, jogging, skiing, etc
- Do not submerge your incision until authorized by your physician. This includes tub baths, hot tubs, swimming pools
- Ask for assistance if you do not have a reacher or are having trouble using the reachers, dressing stick or aids.
- Do your exercises regularly.
- Schedule rest periods between activities; increase your activities as you get stronger every day

Anterior Precautions

- Don't move your leg backwards
- Don't turn your affected leg so the toes are pointing outward.
- Don't cross your legs—avoid a "figure of 4" pattern.

hip tips: anterior

Do not move your leg backwards.



Do not turn your affected leg so the toes are pointing outward.



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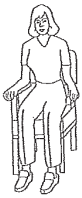
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Posterior Precautions

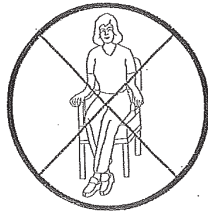
- Do not bend/reach to pick up items that are lower than your knees, or on the floor.
- Do not reach to put on your shoes or socks.

hip tips: posterior

Avoid crossing your legs.



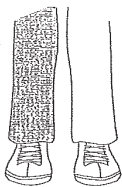
CORRECT



INCORRECT



Avoid twisting your leg inward.

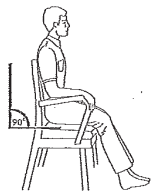


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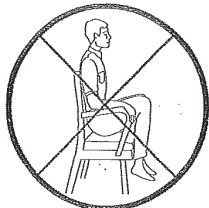


INCORRECT

Do not bend your hips past 90 degrees.



CORRECT



INCORRECT



- Do not reach to pull up the covers from the bottom of the bed.
- Do not sit up straight in a chair or sit in a low, soft sofa or chair or recliner.
- Do not lift your knees higher than hip level.
- Do not put your feet on a stool while sitting.
- Do not bend sideways.
- Do not let your operated leg cross the midline. Do not cross your legs at the knee or ankle.
- Do not twist to reach across to the opposite leg.
- Do not pull your leg up to put on your shoes and socks.
- Do not stand, sit or lie down with your toes pointed toward each other (pigeon-toed). Keep your toes and knees pointed straight ahead
- Get in and out of the car carefully: – make sure to recline and push your car seat back to avoid bending hips past 90 degrees.
- Use the abduction pillow between your legs: – while you are in bed, – in the car, or – when sitting and resting. You may lie on your side with a pillow between your knees.

FOR MORE INFORMATION, PLEASE CONTACT THE ORTHOPAEDIC COORDINATOR AT (475) 210-5409

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