

TOTAL HIP REPLACEMENT PATIENT INFORMATION

Your hip has been closed with a subcuticular (under the skin) stitch. Your dressing should be left intact until 10 days after your surgery. At this stage the dressing can simply be removed and the steri strips washed off in the shower. At each end of the wound a small piece of thread will be seen through the skin. Gentle pulling on the thread and cutting level with the skin will remove the tag of thread. The thread is not to be pulled through the wound.

To avoid dislocating your new hip you **must not**,

- Sit on a chair where your hip angle is greater than 90 degrees (the knee must not be higher than the hip).
- Bending over from the waist (greater than 90 degrees).
- Sitting forward in a chair to do up your shoes etc (hip angle is greater than 90 degrees).
- Cross your legs or take the operated leg across the midline.
- Twist your body on your hip when changing directions or turning corners.
- Sleep sidelying without a pillow between the legs.

You are in most danger of dislocating your new hip in the first 12 weeks but after this period it is advisable to continue following the above guidelines.

You must never bend over from the waist so that the angle of the hip is greater than 90 degrees.

To assist you at home and to avoid potential dislocating positions, you will need the following items:

- A long shoe horn to put shoes on/off
- A pair of BBQ tongs or its equivalent to pick up items from the floor
- A medium/large pillow to place between the legs at night

If you have to pick up items from the floor it is advisable to kneel on the operated leg so the hip angle remains in the neutral position.

On discharge from hospital and travelling home, it is advisable to:

- Sit in the passenger seat on the trip home from hospital.
- Recline the back of the passenger seat (so the angle of the seat is less than 90 degrees)
- Sit your bottom in the car seat first, then while leaning back slightly, move your legs into the car (making sure the operated leg does not cross the midline).
- Have assistance to get out of the car at home.

It is recommended that all patients wear compression stockings and take Aspirin for 6 weeks post surgery. The benefits of Aspirin against blood clots are not entirely clear but the benefits of Aspirin with heart complications are very clear. Based on this I recommend that you continue Aspirin and compressions devices until 6 weeks post surgery.

It is also of note that the Australian Arthroplasty Association recommends that patients do not drive for 6 weeks post total hip replacement

If you have any questions about how to look after your hip please ask your surgeon or physiotherapist.

Ring my rooms for A REVIEW AT 6 WEEKS IF THERE ARE ANY CONCERNS TO DISCUSS. If there are no issues I would like to see you at 12 months.