

Do you want to know?

Total Hip Replacement

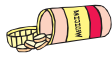
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What is it?

Total hip replacement is a safe and reliable surgical procedure that can relieve pain and stiffness of your hip. Technical advances have given us new materials to replace your problematic hip with prosthesis. Like your own hip, prosthesis is made up of a ball and socket that fit together to form a joint.

What do you need to know?

Drugs



- Take medications (most commonly pain killers and non steroidal anti-inflammatory drugs) as ordered by your physician to control pain and reduce inflammation.
- Take medications with a full glass of water or other fluid and with food. This will decrease gastric irritation.

Diet



Follow a weight reducing diet if you are overweight.

Activity



- Remember when sitting to keep your knees below your hips (lifting the seat with a small pillow helps).
- Avoid crossing your legs while lying down or sitting.
- You will need to buy a raised toilet seat, a bath bench, long handled grips to reach things on the floor or other self-help devices.
- Avoid bending over the waist.
- The physical therapist will visit you the first day after surgery and will :
 - Teach you about specific care, precautions, and tailored exercises for the ankle, knee and hip related to your surgery.
 - Advise you on the use of a walker or crutches

and to put weight on your leg as instructed by your physician.

- Help you in ambulation starting from the second day of surgery.

- For any activity, follow closely the instructions of your physiotherapist.



Therapeutic Measures

- Wear low shoes for your safety since your balance may be affected.
- Use a long-handled sponge and a shower hose in order to avoid bending at the hip while bathing.
- Use a sock aid and a long-handled shoehorn to put on and take off socks, stockings and shoes without bending at the hip.
- Adjust your movements to accommodate the height when getting in and out of your bed or car.
- Rearrange your living room and bedroom to make it easier and safer to get around. For example:
 - Use a cart to move items
 - Remove small floor mats
 - Watch for small pets or objects on the floor
 - Store items within reach
 - Be careful for wet uneven floors

Considerations



Call your surgeon if you have:

- Severe pain
- Any sign of infection (excessive swelling or drainage from your incision)
- Temperature equal or greater than 38.5°C.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.