

FURTHER INFORMATION

- ◇ **Rest is very important in your recovery**, please ensure that you have somewhere at home that is easily accessible where you can **lie** down (not sit) and elevate your leg to reduce swelling.
- ◇ When you leave hospital you may lie on your **un-operated** after surgery once you keep a pillow between your legs. You may lie on your operated side once your wound is fully healed (this may take 2-6 weeks).
- ◇ You may need to use two crutches for approximately 6 weeks after your surgery, ask your Physiotherapist about progressing from the crutches.
- ◇ You can get out on either side of the bed after surgery so long as you do not allow your operated leg to cross the mid-line of your body.
- ◇ The average length of stay for a routine Total Hip Replacement is 3-5 days. On the day of your discharge you can aim to be collected at approx. 11am unless your nurse tells you otherwise.

NOTES/QUESTIONS FOR YOUR PHYSIOTHERAPIST



TOTAL HIP REPLACEMENT PHYSIOTHERAPY INFORMATION

After your surgery physiotherapy aims to:

- ◇ Help restore your independent mobility or walking using a walking aid that is the most suitable for you.
- ◇ Educate you on exercises to help restore strength and range of movement of your operated leg.
- ◇ Advise you on how you can promote recovery when discharged home

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EXERCISE FOLLOWING SURGERY

Exercise is very important after your Hip Replacement.

You may commence exercises in bed within the first 24 hours after your surgery and **before** the physiotherapist sees you.

These exercises will

- ◇ Help minimise the risk of blood clotting.
- ◇ Help strengthen your muscles & maintain joint mobility
- ◇ Prepare your operated leg for walking when appropriate.

PHYSIOTHERAPY FOLLOWING SURGERY

- ◇ The Physiotherapist will see you for the first time either on the same day of your surgery or the day after, this will depend on the time of your surgery.
- ◇ That first day we will aim to help you to stand and to walk with either a frame or crutches.
- ◇ Each day thereafter you will progress to walking confidently by yourself with a walking aid, i.e. crutches.
- ◇ You will practice the use of steps/ stairs with the Physiotherapist.
- ◇ There is no physiotherapy provided over the weekend.
- ◇ There is no routine out-patient Physiotherapy after Total Hip Replacement but it can be arranged if your Consultant/Physiotherapist feels you need it.

FOOTWEAR

It is recommended that you bring a supportive pair of shoes with you in order to walk comfortably and safely following your surgery. Something you can easily slip your foot into and out of would be ideal, as you may have swelling following the operation. It is best to avoid walking in backless slippers.

PAIN & SWELLING

It is normal for your leg to be painful and swollen after a Total Hip Replacement.

It is very important that you take pain medication as prescribed to you. It is also very important to manage your swelling by

1. Resting appropriately: balance your time between rest and exercise, by doing a little exercise often.
2. Rest in bed for periods during the day.
3. Avoid sitting for too long.

IMPORTANT: If your calf or thigh becomes very swollen, painful, hot, red, or shiny you must visit your GP immediately to rule out the possibility of a DVT (clot).

FOR 3 MONTHS AFTER SURGERY....

DO NOT Bend your hip excessively (not greater than 90degrees)

DO NOT Cross your legs sitting or in bed

DO NOT Pivot or twist on your operated foot when walking or turning