



*South Infirmery Victoria University Hospital*

## **Total Hip Replacement Patient Advice Sheet**

The success of your treatment will depend largely on your personal input and commitment to your recovery. By remaining active, doing the exercises prescribed by the Physiotherapist and following the advice of the Occupational Therapy you should be able to return to normal activities within a few months.

### **Do's and Don'ts**

#### **Do's**

- **Do** use 2 crutches until advised by your Surgeon or Physiotherapist
- **Do** exercise as instructed by the Physiotherapist
- **Do** take frequent short walks daily
- **Do** sit on seats that are the correct height for you as instructed by the Occupational Therapists
- **Do** take special precautions when getting into the car- you may need to raise the seat with a cushion
- **Do** continue to sleep on your back *or* on your un-operated side with a pillow in between your legs
- **Do** wear shoes with good support
- **Do** sit while showering
- **Do** sit on a firm chair with arm support, to ensure that you can stand easily
- **Do** rest on your bed for short periods during the day
- **Do** continue to take your medication as prescribed
- **Do** get into bed on either side of the bed, but take care not to allow your operated leg to cross the mid-line of your body

#### **Don'ts**

- **Don't** walk or stand without 2 crutches until advised by your Surgeon or Physiotherapist
- **Don't** lift or carry- both hands should be on the crutches
- **Don't** cross your legs
- **Don't** bend down to put on your shoes and socks
- **Don't** pick things off the floor
- **Don't** kneel
- **Don't** get into a bath
- **Don't** sit for long periods- not longer than 1 hour at a time
- **Don't** do any exercises that have not been recommended by the Physiotherapist
- **Don't** drive for 6 weeks or until you are comfortable walking without both crutches
- **Don't** fly until you have been reviewed by your surgeon

**Wound care**

- You will receive advice about your wound care before you are discharged
- Once clips have been removed from the wound no further dressing is necessary
- Your GP will remove the clips 10 days after your surgery
- You may shower with the dressing in place

**Contact the ward if you have any of the following symptoms:**

- Fever
- Increased heat/ pain around the wound
- Increased swelling/ redness/ tenderness around the wound
- A discharge from the wound
- Sudden pain in your calf muscle
- Excessive swelling in your leg- some swelling is normal after surgery

**Smoking**

Smoking can affect the healing of your wound

Do not smoke for at least 6-8 weeks after your surgery

**Nutrition**

It is important to include fresh fruit and vegetables in your daily diet to help wound healing.

**Who do I contact if I am worried or concerned?**

You can contact the Orthopaedic Elective Ward at (021) 4926420 or (021) 4926157.