

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.
- ◇ You will need to use two crutches/frame for approximately 6 weeks after your surgery. Your Consultant will advise you about progressing from your walking aid at your 6 week review.
- ◇ To avoid the risk of dislocation it is recommended that you sleep on your back until reviewed by your surgeon at 6 weeks.
- ◇ You should get out of bed on the same side as your operated leg and get back in on the other side of the bed. This is to ensure the operated leg does not cross the mid-line of your body.

NOTES/QUESTIONS FOR YOUR PHYSIOTHERAPIST



REVISION 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

PHYSIOTHERAPY DEPARTMENT

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EXERCISE FOLLOWING SURGERY

Exercise is very important after your Hip Replacement.

Your physiotherapist will advise you as to which exercises are appropriate for you to carry out after your revision total hip replacement.

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 the day after your surgery.
- ◇ That first day we will aim to help you to stand and to walk with either a frame or crutches.
- ◇ Your physiotherapist will instruct you as to how much weight you are allowed to put on your leg.
- ◇ Each day thereafter you will progress to walking confidently by yourself with a walking aid, i.e. crutches.
- ◇ If indicated 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 Revision of your 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 Revision of your 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