

You have now undergone your hip replacement and are going home.

When you first get home you can expect:

- that there will be some bruising and swelling in your leg. This may even track down your leg to your knee or ankle
- that you will feel tired. It is important that you take time each day to rest and if possible lay on the bed for an hour after lunch to reduce the swelling and stretch out your new hip
- that you will need some help around the home. Please accept help that is offered by family, friends and neighbours
- that you may lose your appetite a little. You may find it easier to eat small meals throughout the day

Once home you should:

- Continue to take your pain killers regularly
- Continue to take your Pradaxa (blood clotting tablet) at approximately the same time each day
- Wear comfortable loose clothing. Remember when putting on trousers always put your operated leg in first
- Continue your exercise programme a minimum of three times per day
- Walk little and often (you should start by pottering around the house, then can walk outside for 5 minutes and as long as there are no ill effects gradually increase your walking each day by approximately 5 minutes).
- Sleep on your back or operated side only. If you sleep on your side you may find it comfortable to put a thick pillow between your knees
- Avoid picking up objects from the floor when sitting in a chair and crossing your legs.
- Have assistance with washing your foot on operated side and putting on your sock and shoe
- Avoid sitting in the bath. You may however shower as your dressing is shower proof. Discuss with your Physiotherapist how to get into and out of the bath for showering.

You will gradually progress over the next six weeks, your pain will ease, your general mobility will improve and you will gradually increase the time and distance you can walk. There is no set time that you should use your walking aids for, but your Physiotherapist will guide you with this. In general if you are walking longer than a few minutes and you are still limping you should continue to use an aid. This may not be necessary around the home, but you must be safe.

By six weeks you may.....

- still experience some aching and stiffness first thing in the morning or after you have been seated for a period of time
- now drive a car. ( Ensure you are comfortably able to do an emergency breaking manoeuvre)
- increase the amount of housework you do as comfort allows
- take short haul flights (two hours). It is advisable to stay well hydrated and use your surgical stockings if you have them. Sit in an aisle seat so you can get up and walk around.

Sport

Cycling – You will be able to start cycling approximately eight weeks following surgery. It will be possible to start cycling on a static exercise bike before this and your Physiotherapist will guide you as to when you are ready to start this  
Golf – You will be able to commence playing golf between eight and twelve weeks following surgery

Tennis – You will be able to play tennis approximately twelve weeks following surgery. You should start by playing doubles.

Power Plates – You should not use a power plate for six months following surgery but may commence after this time.

By twelve weeks you.....

- will have returned to your normal function and activities
- should have minimal stiffness in your hip
- may sit comfortably in the bottom of the bath
  
- **should be enjoying the benefits of a pain free knee, improved walking and better quality of life**

**If you have any concerns once discharged from hospital please call:**

<p><b>Spire Ward 0845 6047400 ext 2452 or 2459 (24 hours a day)</b> <b>or</b> <b>Physiotherapy 01424 757491</b></p>
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