

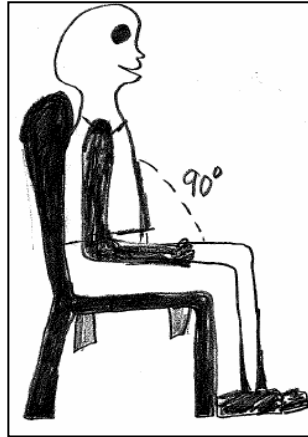


# Total Hip Replacement Home Program

Use the following guidelines unless your surgeon told you otherwise

## Sitting and Standing

- Do not cross your legs or ankles.
- Do not twist your legs.
- Do not sit on low chairs or low sofas.
- Do not lean forward when sitting or when beginning to stand.
- Do not raise the knee above the hip.



## Sleeping

- It is best to sleep on your back.
- If you lie on your side, place a pillow or foam wedge between your knees to keep legs uncrossed.

## Walking

- Follow the instructions from your surgeon about how much weight to put on your operated leg.
- It is important to walk short distances and perform everyday activities as allowed by your surgeon.
- Use walker or cane as instructed.
- When climbing stairs, use the hand-rail. Remember to go up with the good leg first and down with the operated leg first.



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## Signs if Infection or Blood Clot

Call your surgeon immediately if any of the following occur:

- Drainage from the incision
- Bleeding from the incision
- Temperature above 101°F
- Increased warmth, redness, swelling or pain in either leg
- Constant deep calf or thigh pain in either leg
- New or increased shortness of breath

## Pain Control

- Some pain is normal during healing.
- Take your pain medicine 30 to 45 minutes before you are active.
- If your doctor allows, ice the painful area 3 to 4 times a day.
- Do not ice any longer than 20 minutes at a time.
- Protect your skin by placing a cloth between the ice and skin.
- If you are having uncontrolled pain, call your surgeon.

## Preventing Infection

- Antibiotics may be needed before any dental work or surgery. Ask your doctor if this applies to you.