

A-Z of Things to Remember on Discharge FOLLOWING YOUR Total **HIP** Replacement

Discharge will generally be around 3 days after your operation
A nalgesia – Take Regular pain relief even with no pain; take whatever medications you have been given by the pharmacist on discharge. Take as prescribed on the boxes.
B athing is not advised for 3 months until your wound is healed and you can safely get in and out of the bath. (Risk of wound infection and DISLOCATION) Shower instead.
C are for your new hip at all times. Follow instructions.
D islocation - Do not force the joint beyond a position where it feels tight at any time and could come out of the socket.
E lastic Stocking must be worn for 6 weeks, booklet provided in your pack from Pre-Op assessment.
F ootwear should be well-fitting shoes. You may need a size bigger due to swelling and preferably Velcro or a shoe you can put on by yourself. Avoid lace up shoes due to risk of dislocation.
G eneral Good health and fitness. Take care of your diet and exercise. Plenty of water.
H eight of chair, avoid sitting on low seats.
I n bed keep a pillow between your legs and sleep on your back until you have your review.
J OINT REPLACEMENT is a major operation. Remember this.
K eep off rough ground or uneven surfaces. NO GOLF, NO FARMING until review.
L ift both legs together out of CAR/BED first, and then stand up.
M aintain good circulation to your legs, exercise as shown by the physiotherapist.
N EVER feel you can't contact us at any time night or day. Contact numbers below.
O ccupational therapy will assess you and provide or advise you regarding equipment if required.
P hysiotherapy will assist your walking and provide you with an exercise programme to continue with on discharge.
Q UERIES can be answered just by a phone call, most of the information you need you will find in your booklet, including contact number.
R EFRAIN from driving until your review or you can drive safely (You <u>must</u> be able to perform an emergency stop). Your insurance company won't cover you otherwise.
S teps & Stairs. Take care going up use good leg first then operated leg then crutch, going down use crutches first then operated leg, then your good one.
T wisting and turning should be avoided.
U se your arms to push yourself up from chair to the standing position.
It's V ERY important not to cross your legs.
W OUND. KEEP it clean & dry. DO <u>not</u> tamper with your dressing. Signs of infection are increased discomfort/ swelling/burning under dressing, redness spreading up your leg, pus coming through your dressing. Feeling unwell/flu like symptoms or sweating, OFFENSIVE smell from wound, High Temperature. Contact us immediately if you are concerned.
X -rays are only needed on Consultants request.
Y ou Need to take responsibility for your New Hip replacement. Follow instructions
Z immer to be used until you are confident on your crutches.

If you have any concerns about your new Hip that you would like to discuss please contact:

Rhonda Moore, Arthroplasty Review Nurse on 028 71611282 Mon - Fri
Outside of working hours please contact Ward 5 on 028 71611205 and ask for Nurse in Charge.

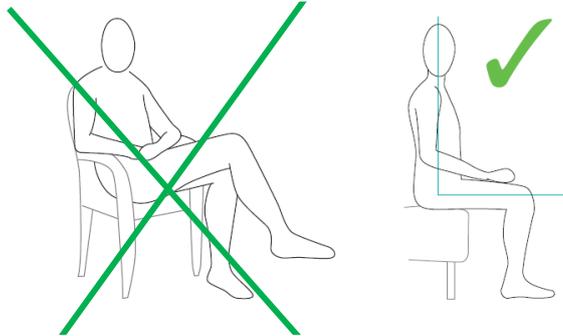
Things to remember during the first three months

Following these instructions will help prevent your new hip from coming out of joint.

- **Do not** cross your legs when lying, sitting or standing. Use a pillow between your legs in bed and when getting in and out of bed as shown in hospital.
- **Do not** bend forward or pick up objects from the floor. Ask for help or use a 'helping hand'.
- **Do not** swivel your feet when turning around - lift your feet as you turn. Always turn away from your operated leg.

To sit down on chair or toilet

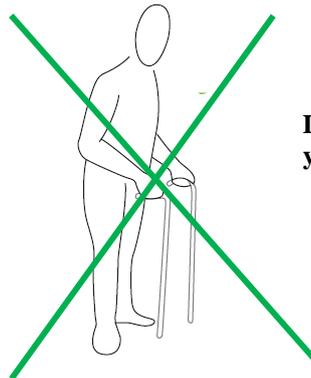
- Move back until you feel the chair at the back of your legs
- Holding onto your walking aid, slide your operated leg out straight in front of you.
- Reach back for the arms of the chair
- Gently lower yourself down



Do not cross your legs, or move your operated leg across the imaginary line down the centre of your body.

To stand up from chair or toilet

- Move forward to edge of your chair
- Put a hand onto each of the chair arms.
- Carefully slide your operated leg out straight in front of you.
- Use your arms to push yourself up to stand
- Reach for your walking aid



Do not twist on your operated leg.



Sit on a chair. Pull your toes up, tighten your thigh muscle and straighten your knee. Hold for approximately five seconds and slowly relax your leg. **Repeat 10 times, regularly throughout the day.**



Stand straight holding on to a support. Lift your leg sideways and bring it back, keeping your trunk straight throughout the exercise. **Repeat 10 times, regularly throughout the day.**



Bend your hip up in front of you. Do not bend further than 90 degrees. **Repeat 10 times, regularly throughout the day.**



Stand straight, holding on to a chair. Bring your leg backwards, keeping your knee straight. Do not lean forwards. **Repeat 10 times, regularly throughout the day.**