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PATIENT TEACHING INSTRUCTIONS FOLLOWING TOTAL HIP REPLACEMENT

ACTIVITY RESTRICTIONS: DO NOT

- Cross your legs
- Stoop over or bend down
- Rotate your hip internally or externally (bring your knee inward across the midline of your body or outward away from the midline)
- Sit on low chairs, low stools, toilet seats
- Reach down to your feet to put on socks or pull up bed covers
- Pick things up from the floor
- Bring your affected leg past the midline of your body or bend your body away from your operated hip
- Lean forward while hip and knees are bent
- Activity restrictions should continue until your Doctor tells you differently

SPECIAL CONSIDERATION:

- Place a pillow between your legs when you turn on your side
- Keep your knees lower than your hips when you are sitting. This can be done by placing a pillow in the chair seat before sitting down
- Sit in chairs that have arms to assist you when you get up
- Move to the edge of the chair when you get up. Place your good leg well underneath the chair and keep the affected leg in a neutral position. Do not twist your affected leg
- Have someone clear wide pathways so it will be easy to pass with a walker
- Use a walker in the shower or a bath stool
- Consult your Doctor concerning when sexual activities may be resumed
- Inform all doctors who care for you now and in the future about your total hip replacement
- Continue to do exercises as instructed by the physical therapists
- Pain is normally worse at night, a prescription for pain medication may be sent home to take as needed
- Avoid open heeled shoes
- Take aspirin and Protonix if ordered by your Doctor

SYMPTOMS TO REPORT TO YOUR DOCTOR:

- Sudden sharp, unrelieved pain
- Inability to control your leg
- You notice your affected leg is shorter and your toes are pointed outward
- Increased pain, redness or drainage from the incision
- Temperature above 100 degrees
- Chest pain or shortness of breath
- Change in color or odor of drainage, if your incision is draining
- Severe heartburn, ringing in the ears, or nose bleed

WOUND CARE:

The incision may be cleansed, if not covered with steri strips, with soap and water or betadine if it is not draining
If the incision is draining, you should do the following: _____
