



HOME CARE FOR PATIENTS HAVING TOTAL HIP REPLACEMENT

PURPOSE OF SURGERY:

Placement of artificial hip joint to improve your ability to walk and to eliminate your hip pain.

The following are important aspects to remember to make your home progress faster:

1. Eat a well-balanced diet of foods high in Vitamin C and proteins.
2. Do not gain weight as this puts additional stress on your hip joint.
3. Drink additional water everyday over your normal fluid intake at meals.
4. Keep all clinic appointments with your doctor. If you are unable to keep the appointment, call the doctor's office and re-schedule your appointment.
5. Refrain from drinking any alcoholic beverages.

During the next three (3) - four (4) months, it is important for you to follow these "**DO's**" and "**DON'T's**":

DO

1. Do sit in chairs with arms. These arms will assist you in getting up. When you are ready to rise from the chair, move to the edge of the chair, place your affected leg in front of the unaffected leg. Push yourself up with your arms.
2. Do sit with your feet at least six (6) inches apart.
3. Do keep your affected leg facing forward when you are sitting.

4. Do exercise as your physical therapist has told you. Be sure to keep all appointments for physical therapy. If you experience sharp, severe hip pain, stop exercising.
5. Do lie down and elevate your legs on a pillow if your legs swell when walking.
6. Do use handrails on stairs. Do not climb stairs until you are given permission by your doctor.
7. Do wear low-heeled shoes.
8. Do place a pillow between your legs when sleeping on your unoperated side.
9. Do wear your support stockings. Take them off at least thirty (30) minutes twice a day. Be sure to wear the stockings when you are up.
10. If you are riding in a car, do get out and walk around for a few minutes every hour. This increases the blood flow in your legs.

DON'T

1. Do not sit, stand, or lie with your legs crossed.
 2. Do not walk on wet or waxed floors.
 3. Do not lean forward or to the side to pick up objects or to put on shoes and socks. Use long handled shoe horns or a reacher to pick up objects.
 4. Do not sit on low chairs or sofas.
 5. Do not take a tub bath.
 6. Do not scrub your incision; let warm water run over incision; do not use any soap, pat area dry.
 7. Do not lift heavy objects or objects weighing more than five (5) pounds.
 8. Do not drive a care until doctor states it is okay.
 9. Do not have sexual intercourse until your doctor states it is okay.
 10. Do not play any type of sports.
 11. Do not have any tooth extractions or surgeries without first telling your dentist or surgeon that you have had a hip replacement. The doctor and/or dentist will place you on antibiotics before and after the extractions or surgery.
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Most patients do very well after this surgery. If you have any of the following symptoms, please call your doctor:

- Soreness, swelling, pain or redness in calf muscles of either leg.
- Redness, warmth, or drainage from your wound.
- Fever or chills.
- Severe hip pain that does not respond to your pain medication.
- Sudden sharp hip pain with a popping sound in hip joint.
- Shortening of operative leg with foot turning outwards.
- Cough producing yellow or green phlegm.
- Shortness of breath.
- Pain or burning on urination, back pain.

Should you need to get in touch with your UMC doctor, you may call the Pavilion at 984-6525 or the University Hospital at 984-1001 and ask the operator to page the Orthopedic Resident on call.

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Orthopedics/2 West, The University of Mississippi Medical Center
Jackson, MS 39216-4505

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