

## 6 week post op information after total hip replacement

Mr Achan

### Mobility:

Progress to fully weight bearing over the next 6 weeks. Wean off your crutches when you are fully weight bearing and feel confident to do so.

### Exercise:

Continue with the exercises as instructed by your physiotherapist to increase your muscle strength. (Some of these should be continued for life!)

Progress your walking distance as you feel comfortable.

### Stairs:

Progress as you feel comfortable and as weight bearing allows.

### Housework:

Increase the amount of housework that you carry out over the next few months. Be careful when bending or twisting.

### Driving:

Begin driving when you are comfortable to do so. You must be able to safely perform an emergency stop and change gear comfortably.

### Sleeping:

You can lie on the operated side when it is comfortable to lie on the scar. You can now sleep on the non-operated side with a pillow between the legs for a further 6 weeks, then without the pillow.

### Dental Care:

Please remind your dentist that you have a joint replacement. You may require antibiotic cover for some invasive procedures.

### Sexual relationships:

Resume when comfortable, but preferably with your partner on top for the next 6 weeks.

### Restrictions:

At 12 weeks all of the functional restrictions should be lifted and the aids supplied by the OT department can be returned.

Avoid flexion past 90 degrees at the hip, but, if unavoidable, do this movement carefully. You may bend but this movement should be performed slowly and you should not twist at the same time.



### Sport / Leisure:

Most sporting activities can be resumed after 3-6 months, depending on comfort and level of competition.

- Low impact sports are no problem e.g. swimming (breast stroke after 3 months), cycling, doubles tennis, gym work after instruction, golf.

- High impact sports are not recommended and therefore participate at your own risk e.g. jogging, singles tennis, squash, jumping activities, football.

- You should only ski if you are an experienced skier.

- Gardening should be undertaken with care. If possible, use a stool to sit on.

- Manual jobs are likely to wear out the prostheses/implants more quickly than sedentary jobs.

- Your hip replacement/resurfacing will probably not be detected at airport x-ray machines.