

Mr Anthony J. Dunin

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Specialising in Hip & Knee Reconstructive Surgery

Provider No: 274316L

HIP JOINT REPLACEMENT FAQ'S INFORMATION SHEET

Soon you will be having a total hip replacement. We have decided to put together this information sheet to help you prepare yourself, and as a guide postoperatively.

The following are answers to our most frequently asked questions:

- **TED STOCKINGS**

TED stockings are prescribed for you to wear for 4 weeks postoperatively. These are usually a below knee heavy weight stocking that helps prevent clots forming in your calf. These will be put on your legs immediately postop whilst you are in hospital.

- **CAR TRAVEL**

It is preferable to keep car travel to a minimum for the first 6 weeks to avoid dislocation. However, you can travel in the car to a doctors appointment, or to an appointment with a physio or occupational therapist.

- **DRIVING**

It is recommended that no driving be carried out until your review at the 6 week mark.

- **CRUTCHES**

These are required for several weeks following the surgery, although it is acceptable if you are comfortable on one crutch or walking stick.

- **WEIGHT BEARING**

As tolerated or when you are comfortable taking weight through your operated side.

- **EXERCISING**

Walking is the best exercise you can do for the hip. However, if you are seeing a physiotherapist exercises given to you by the physio will also be beneficial. Hydrotherapy is also another good form of exercise and can be arranged through your physio or local pool.

Bike Riding: Please refrain from bike riding until your 6 week review.

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- **SHOWERING**

You may find a shower stool or plastic chair in the shower recess beneficial in the early stages.

- **SLEEPING POSITION**

You must sleep on your back with a pillow between your legs for the first 6 weeks.

- **BENDING**

One should not bend beyond 90 degrees for the first 6 weeks.

- **SEXUAL INTERCOURSE**

This is best avoided for the first 6 weeks to avoid dislocation and thereafter it should be taken carefully for a further 4 weeks.

- **GARDENING**

Please refrain from gardening for the first 6 weeks.

- **DENTAL WORK**

Make your dentist aware that you have had a total joint replacement. Antibiotic cover will be required for more major dental surgery. This is to prevent the prosthesis becoming infected.

- **DONT'S**

Don't cross legs at knees at any stage in the future.

Please do not hesitate to contact Mr Dunin or his staff if you have any questions regarding your surgery.

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