

After Hip Replacement: Your Recovery Guide

Medical-Surgical · Musculoskeletal / Orthopedics

A hip replacement gives you a new joint to ease pain and help you move. Your hip rules and your clot-prevention plan help the new hip heal and stay in place.

Follow your hip rules

- Do not bend your hip past 90 degrees (a right angle).
- Do not cross your legs or ankles.
- Do not turn your foot or knee inward.
- Keep a pillow between your knees in bed and when you turn.
- Follow these rules as your surgeon orders, until you are told to stop.

Use your helpers

- Use a raised toilet seat and a firm chair with armrests. Avoid low, soft seats.
- Use a reacher to pick things up. Use a sock aid and a long shoehorn.

Walk safely

- Move the walker first. Step with your surgery leg, then your other leg.
- Put weight on your leg only as your care team tells you.
- Remove throw rugs. Use night-lights.

Prevent blood clots

- Take your blood thinner until the end date:

_____.

- Wear your stockings as told. Pump your ankles every hour while awake.

Care for your incision

- Keep it clean and dry. Shower only as your surgeon says.
- No tub, pool, or hot tub until your surgeon says it is safe.
- Do your exercises every day.

Call your provider today if you have

- Fever over 100.4 F (38 C) or chills
- More redness, swelling, pain, or fluid at your incision
- Swelling, warmth, or pain in one leg
- Bleeding gums, nosebleeds, or new bruises

Call 911 or your local emergency number if you have

- Sudden bad hip pain, a leg that looks shorter or turned, or you cannot stand on it
- Sudden shortness of breath
- Chest pain or coughing up blood
- A racing heartbeat with dizziness or fainting

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/hip-replacement-recovery/patient

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