



## **ADVICE WHILE YOU ARE WAITING FOR YOUR HIP REPLACEMENT**

While you are waiting for your hip replacement there are a few things you can do that may help speed your recovery.

### **GENERAL EXERCISE**

General exercise is always beneficial and continues to be so whilst you are on the waiting list. It will also help to speed your recovery.

If exercise results in excessive pain in your hip joint you will need to modify the exercise to suit you. Please follow the pre-operative exercise programme.

Gentle exercise such as cycling, swimming or walking all helps. It is better to take pain killers and exercise than not.

### **GENERAL HEALTH**

Keeping yourself as fit and healthy as possible whilst you await your operation will help with your recovery.

If your general health deteriorates it is important to see your GP so that any problems can be dealt with before your operation.

In particular it is very beneficial to stop or at least reduce smoking.

Alcohol in moderation is not a problem.

If you have a weight problem losing weight will help reduce the load taken through the hip joint. This will be of benefit before and after your operation. It will also help the surgeon make a smaller incision for your operation. If you require help with this you may consider asking your GP for a referral to a dietician.

## **PAIN RELIEF**

If you are experiencing pain in your hip joint and are not taking any pain medication or the medication you are taking is not effective your GP may be able to prescribe something to help relieve this.

## **LOAD REDUCTION – USING A STICK**

Reducing the load taken through your hip joint may help to reduce your pain. You may wish to use a walking stick (held in the opposite hand to the affected joint); this will help reduce the load whilst you are walking.

Adequate rest periods and avoidance of unnecessary strain also help reduce the load on your hip joint.

## **FOOT CARE**

It is very important to pay particular attention to foot hygiene as minor wounds, sores or infections may result in your operation being cancelled. Be careful when visiting the chiropodist; tell them you are going to have an operation.

If you have any concerns seek advice from your GP.

## **SKIN CARE**

If you have any cuts abrasions rashes or skin conditions please see your GP as this may also delay your surgery if left untreated.

## **DENTAL CARE**

It is advisable to visit your dentist to ensure that your teeth are in good order prior to your operation as any infection may spread to your hip joint.

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