



## Total Hip Replacement Advice Sheet after 6 weeks

### Mobility:

As soon as you can weight bear fully without pain you may start to discard walking aids. Be careful not to get into a habit of limping. If you find that without a stick you limp excessively there is no harm in using one for a few weeks longer.

### Exercise:

Continue with the exercises as instructed by your physiotherapist; this will increase your strength.

Increase your walking distance, as you feel comfortable.

Daily Exercises to 6 months then 2-3 times a week for ever.

### Stairs:

Progress as you feel comfortable and as weight bearing allows.

### Housework:

Increase the amount of housework that you do over the next few months. Be careful not to bend or twist.

### Wound:

If your wound is tender to touch you may massage it firmly using a moisturising cream to de-sensitise the skin and underlying tissues.

### Driving:

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

As a guideline we would recommend that you do not consider driving for at least 2 weeks. Thereafter if you can walk unaided it is safe to start driving.

If you have a car with an automatic transmission and have had your left hip replaced you may start driving after 2 weeks provided you can safely transfer in and out of your car.

### Sleeping:

You can lie on the operated side when it is comfortable lying on the scar.

If you wish to sleep on the un-operated side, use a pillow between your legs for 6 weeks.

### Sexual Relationships

Resume when comfortable, but preferably with your partner on top for the next 3 months.

### Restrictions

Between 6 weeks and 3 months you may return to all normal activities with the exception of high impact sports (see below).

After 8 weeks the aids supplied by the Occupational Therapy Department should be returned.

Always try to avoid bending the hip more than 90°; if this is unavoidable move slowly.

### Returning to work

You will be able to return to work between four and six weeks if you have a light job. If you have a manual job it may be 6 to 12 weeks before you can return.

### Sport/Leisure:

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

Low impact sports such as swimming (breaststroke after 2 months), cycling, doubles tennis, gym work after instruction, golf present no problem.

High impact sports are not recommended, therefore are participated in at your own risk i.e. jogging, singles tennis, squash, jumping activities, football.

Gardening should be done with care. If possible use a low stool and long-handled tools.

Skiing should only be participated in if you are an experienced skier.

### Travelling abroad

Your Total Hip Replacement will probably be detected at airport x-ray machines.

We do not advise travelling abroad before 6 weeks.