



Total Hip Replacement

Advice Sheet from 2 to 6 weeks

Mobility

Progress to fully weight bearing.

Exercise

Continue with your exercises as instructed by your physiotherapist, to increase your strength.

Increase your walking distance, as you are comfortable.

You may commence swimming once your wound is healed.

You may use a static cycle but ensure the seat is in a high position.

You may recommence playing golf and gardening by about 6 weeks.

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.

Stairs

Progress as you feel comfortable.

Housework

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

Driving

You will be advised when you may recommence driving at your two-week review appointment. You must be able to safely perform an emergency stop and change gear comfortably. Please check with your insurance company.

Sleeping

You can lie on the operated side as soon as it is comfortable to lying on the wound.

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

Sexual Relationships

Resume when comfortable; be careful not to force your hip into an awkward position.

Returning to work

You may be able to return to work between four and six weeks provided you have a sedentary job.

Travelling abroad

We do not advise travelling abroad or flying for at least 6 weeks.