

# Precautions To Follow After Hip Surgery

## Follow These Precautions After Your Hip Surgery

Your hip replacement surgery should decrease your discomfort and pain, and help you return to your normal activities.

Following these precautions will help you heal and reduce the chance that you will dislocate your new hip during your recovery.

Follow the precautions for as long as recommended by your surgeon:

- Do not bend forward to tie your shoes. You can bend forward gently from the hip.
- Do not cross your legs at the knees. While sitting, keep your legs slightly apart.
- Do not twist on your surgical leg. Take small steps when you turn.
- Do not drag your feet. Pick up your feet and point your toes straight ahead.
- Do not stoop, squat or kneel.



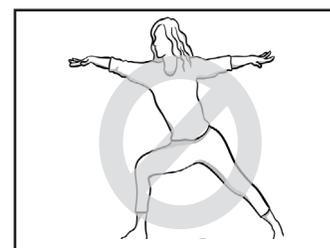
**Do not bend forward to tie your shoes.**



**Do not twist your hips when turning.**



**Do not sit on a low soft chair, sofa or stool.**



**Do not make extreme motions such as those common in yoga, golf and bowling.**

- Do not lie directly on your surgical hip. When lying on your non-surgical leg, place 1 to 2 pillows between your legs to keep your legs apart.
- Do not sit on a low, soft surface such as a bed, sofa, stool, rocking chair or glider.
- Do not make extreme hip motions such as those common in yoga, golf and bowling. Talk with your surgeon if you have questions about activities you want to do.

## Adaptive Equipment

You may benefit from using adaptive equipment including:

- dressing devices such as a reacher, sock aid or long-handled shoe horn.
- an elevated (raised) toilet seat.
- a firm chair with arm rest
- a shower chair.

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