

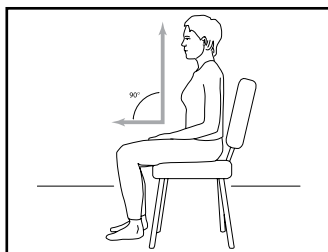
Precautions to Follow After Hip Surgery (Posterior and Anterolateral Approach)

Precautions to Follow After Your Surgery

Your hip replacement surgery should decrease discomfort and pain and help you return to your normal activities. However, right after surgery you should follow these precautions:

- ❑ Do not lean forward when you are sitting. Do not bend your hip past a 90-degree angle when sitting (or standing).
- ❑ Do not stoop or kneel.
- ❑ When lying on your back, place a pillow between your knees. Keep your toes pointed straight up or slightly out.
- ❑ When lying on your non-surgical leg, place one to two pillows between your legs to keep your surgical leg from turning in.
- ❑ Do not sit on a low, soft chair, bed, toilet, sofa, stool, or in a rocking chair or glider. Sit on high-level firm chairs with arm rests so your hips are higher than your knees when you are seated. Place a pillow on the seat to raise the height if needed. You may need an elevated (raised) toilet seat.
- ❑ Do not cross your legs at the knees or ankles. Keep your legs slightly apart.
- ❑ Do not twist on your surgical leg. Take small steps when turning and pick up your feet with your toes pointing straight ahead.

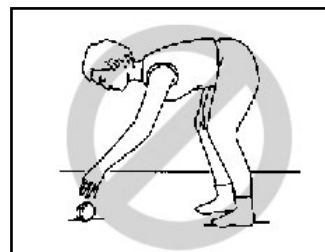
Following these precautions will help the healing process and reduce the chance of dislocating your new hip during your recovery.



You may sit up straight but don't lean forward past 90 degrees.



Don't lean forward when you sit.



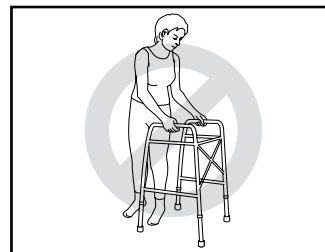
Don't bend your hip past 90 degrees.



Don't sit on a low soft chair, sofa or on a stool.



Don't cross your legs.



Don't twist your hips.

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