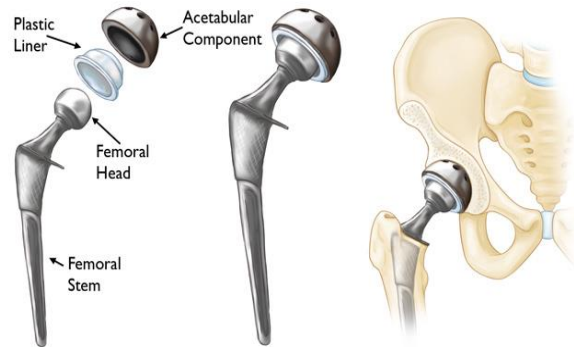


Total hip replacement

Information to the patients

- Hip replacement surgery is a safe and effective procedure that can relieve your pain, increase motion, and help you get back to enjoying normal, everyday activities.
- In a total hip replacement the damaged bone and cartilage is removed and replaced with prosthetic components made of metal and polyethylene (plastic).
- The surgical procedure takes 1 to 2 hours. It is done in spinal anaesthesia and usually leads to some blood loss.



Training

- The day before surgery you will be seen by a physiotherapist. They will prepare crutches for you, and teach you how to use them. Crutches should be used for at least 6 weeks to protect the operated leg.
- The day after the operation the training begins. The physiotherapist will help you to sit on the bedside, and help you to take your first steps after the operation. They will also advise you on different exercises you should do every day for the next weeks.
- Exercise is a critical component of home care, particularly during the first weeks after surgery.
- You should be able to resume most normal light activities of daily living within 3 to 6 weeks following surgery. Some discomfort with activity and at night is common for several weeks.
- You need to do specific exercises several times a day to restore movement and strengthen your hip.
- A fall during the first few weeks after surgery can damage your new hip and may result in a need for more surgery. Stairs are a particular hazard until your hip is strong and mobile. Therefore you must use crutches the first 6 weeks after the operation
- Although you will be able to walk with crutches or a walker soon after surgery, you will need some help for several weeks with such tasks as cooking, shopping, bathing, and laundry

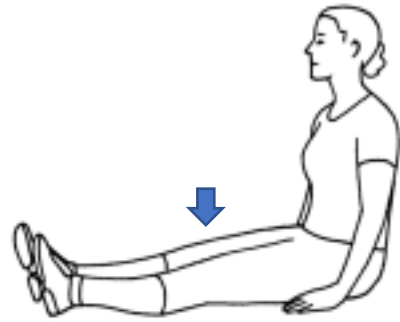
Restrictions after the operation

- The muscles around the newly operated hip are weak and must be trained. By using crutches you reduce the risk of falling.
- The following restrictions should be obeyed the first 3 months after surgery:
 - You must not bend your hip more than 90 degrees.
 - You must not cross the midline with the operated limb, and you should not internally rotate the leg.
 - If you have a pit latrine at home, you must use a commode to avoid squatting the first three months after surgery
- According to the restrictions mentioned above, you should avoid squatting, sitting in soft, low chairs or sofas and sitting with your legs crossed
- 2-3 weeks after the operation you need to come back to KCH or go to a local health centre to remove the sutures.
- 3 months after the operation you must come back to KCH and meet the orthopaedic surgeon for review, and have new x-rays taken of your hips.
- If the wound is not dry within one week after the surgery, or you experience more swelling and pain, you need to come back to the hospital immediately for a surgeon to review.

Move your ankle up and down 20 times every hour



Push your knee down in the bed by activating your quadriceps muscle



Pull the heel along the bed up to your butt and down again



Bend your hip and knees. Then slowly sit down before you stand up again. Put most of your weight on your good foot



Stand with support of a chair. Bend your operated hip up to maximum 90 degrees and down again



Stand with support from the wall. Then move your operated leg backwards



Stand with support from the wall. Then move your operated leg away from your body

