



WOODSTOCK GENERAL HOSPITAL
270 Riddell St., Woodstock, ON N4S 6N6

**DR. AHMER'S TOTAL HIP
JOINT REPLACEMENT
PATIENT INFORMATION**

PIN # _____ VISIT # _____
 PATIENT LAST NAME _____ PATIENT 1ST NAME _____ INITIAL _____
 Received
 DEC 20 2007
 TELEPHONE _____ South West LHIN
 D.O.B. MMM DD YYYY AGE SEX ONT HEALTH CARD # _____
 ATTENDING PHYSICIAN _____
 FAMILY PHYSICIAN _____

There are a number of precautions, which will help ensure proper healing and long lasting use of your new hip.

PRECAUTIONS FOR THE FIRST THREE MONTHS AFTER SURGERY

1. When lying on your good side, place a pillow between your knees.
2. Avoid sitting in low chairs or couches. Use armrests and raised toilet seats.
3. Do not cross your legs above the knee.
4. Do not twist on your operated hip.
5. Do not bend down to pick up objects off the floor, or put on your shoes.
6. Walk-in showers are best. If you prefer baths or a walk-in shower is not available, a bath bench or chair is recommended.
7. Do no lift your leg up with the knee straight (straight leg raises).
8. Use your gait aid properly for at least six weeks unless told otherwise.

AVOIDING JOINT INFECTIONS

Joint infection after a replacement is very serious. Infection can lead to more surgery, more medication, and a long recovery period. Prevention is best. Bacteria from other areas such as your teeth, urinary tract, or digestive system can result in an infected joint replacement. All infections, regardless of source, need to be treated properly with antibiotics.

If you are having work done on your teeth, or a test for your urinary or digestive systems, tell the dentist or physician that you have had a joint replacement. You may need an antibiotic prior to the procedure to protect your new joint. The dentist or physician will guide you.

DRIVING

1. Standard Transmission Vehicle:

You cannot drive until you can fully weight bear without walking aids, your oral pain medication need is minimal, your hip motion and strength is reasonable, and you can apply the brakes and clutch quickly if needed.



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AGE

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ATTENDING PHYSICIAN

FAMILY PHYSICIAN

2. Automatic Transmission Vehicle:

If you have had a **right** hip replacement, the conditions are as for a standard transmission vehicle.

If you have had a **left** hip replacement, you may drive when your oral pain medication need is minimal.

CARE OF YOUR NEW HIP

1. Avoid bending your hip more than 100 degrees.
2. Avoid kneeling, crouching or squatting.
3. Avoid crossing your legs above the ankles.
4. Avoid running, jumping or climbing (i.e. ladders)
5. Use elevators and escalators whenever possible.
6. Be very careful walking on wet, slippery or rough surfaces.
7. Avoid heavy or repetitive lifting.
8. Wear good quality shoes without higher heels.
9. Avoid low chairs and couches. Use the armrest.
10. Lie on your operated side as tolerated.

TIPS FOR ACTIVITIES OF DAILY LIVING

1. Avoid heavy housework such as vacuuming and yard work for three months after your surgery.
2. Store items in your fridge and cupboards so they can be easily reached to prevent excess reaching, bending or squatting.
3. After your surgery, your hands will be occupied using your gait aid, so an apron with large pockets or a walker bag is helpful.
4. Use a high stool if you are working at a kitchen counter or sitting at a table.
5. Long handled reachers are useful for picking items up off of the floor, and to help with dressing.

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Exercises Following a Total Hip Joint Replacement

Do as many repetitions as instructed by your therapist. These exercises are to be done on your bed:

1. Lie on back with legs straight. Then bend operated leg at hip and knee, sliding heel toward buttock. You may use a strap to help. DO NOT bend your hip past 90 unless instructed otherwise.

Hold _____ Seconds Repeat _____ Times



2. Lie on back with legs straight. Keeping the operated leg straight, toes pointing to ceiling, slide it out to a comfortable limit, and then back to the centre.

Hold _____ Seconds Repeat _____ Times

0-4 weeks post-op may do hip abduction in supine
4-6 weeks post-op may do hip abduction in standing
6+ weeks post-op may do hip abduction in sidelying



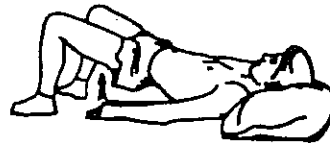
3. Lie on back with legs straight. Tighten your thigh and buttock muscles, pushing the back of your knees toward the bed. Keep your knees slightly apart.

Hold _____ Seconds Repeat _____ Times



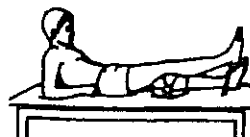
4. Lie on back with both knees bent up, slowly raise your buttocks from the bed.

Hold _____ Seconds Repeat _____ Times



5. Lie on back and place a tightly rolled towel under you knee. Slowly lift your heel off the bed straightening your knee. Then slowly lower.

Hold _____ Seconds Repeat _____ Times



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Exercises Following a Total Hip Replacement

Do as many repetitions as instructed by your therapist. These exercises are done in standing holding something stable like a walker, kitchen counter, or a chair. Stand with your weight on the non-operated side.

1. March, trying to lift your operated knee up to hip level, then slowly lower.

Hold _____ Seconds Repeat _____ Times



2. Keep the operated leg straight and move it sideways to a comfortable level, then slowly lower.

Hold _____ Seconds Repeat _____ Times

0 -4 weeks post-op may do hip abduction in supine
4 -6 weeks post-op may do hip abduction in standing
6 + weeks post-op may do hip abduction in sidelying



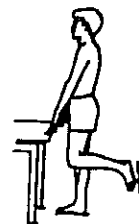
3. Keep the operated leg straight and move it backward at the hip to a comfortable level, then slowly lower.

Hold _____ Seconds Repeat _____ Times.



4. Bend the knee, trying to bring the heel toward the buttock, then slowly lower.

Hold _____ Seconds Repeat _____ Times



5. Standing on both legs, rise up onto your toes, then slowly lower.

Hold _____ Seconds Repeat _____ Times

