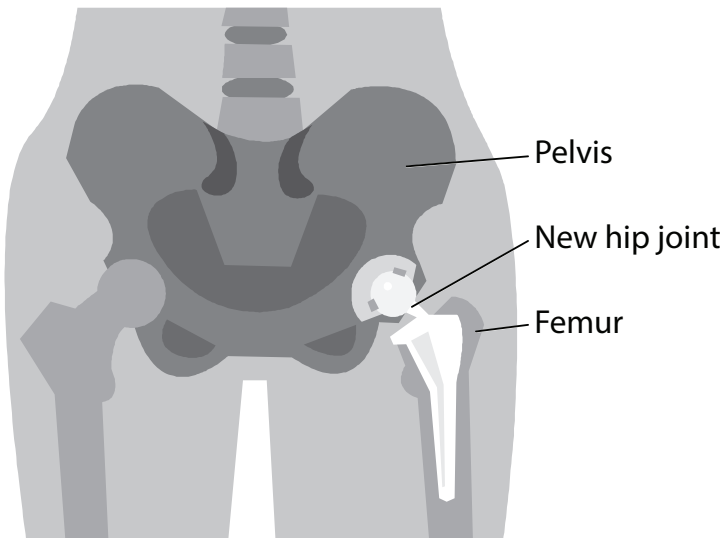


# Caring for Your New Hip

Toronto Rehab

This booklet is for people who have had hip replacement surgery. It explains what you need to do for the next 3 months. It tells you:

- when to call your doctor
- how to sit and move around safely
- how to make everyday tasks easier
- what equipment you will need



Musculoskeletal Program  
Toronto Rehabilitation Institute  
Phone 416 597 3422

Patient's Name: \_\_\_\_\_

Your Occupational Therapist is: \_\_\_\_\_



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## **What should I watch for after surgery?**

### **If any of these things happen, call your doctor right away:**

- redness, swelling or drainage around your incision
- fever over 38 degrees Celsius (100 degrees Fahrenheit) or chills that last more than a day
- severe hip pain that does not get better with pain medicine
- numbness or tingling of your toes that does not go away
- sudden swelling in your thigh or calf

### **When do I need to tell people I have an artificial hip?**

- When you go to the dentist for a tooth infection or dental work
- You have a bladder infection or need a cystoscopy
- You have an infection anywhere with swelling or pus

**\*\*\*You will need to take antibiotics in these situations to prevent infection in your hip.\*\*\***

## What do I need to do after surgery?

You need to follow 3 rules after hip replacement surgery. These rules will allow your body to heal. They will also prevent the new hip from dislocating, or coming apart.



Good sitting position

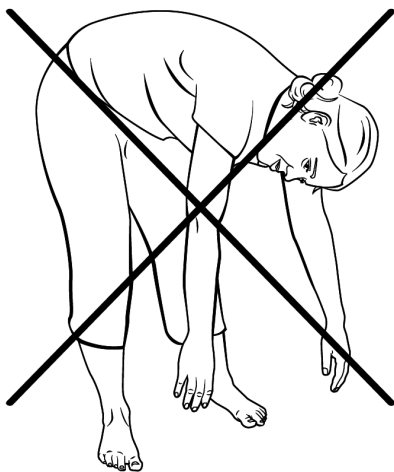
### The 3 rules are:

1. Do not bend forward past 90 degrees or lift your knees higher than your hips
2. Do not cross your legs
3. Do not twist

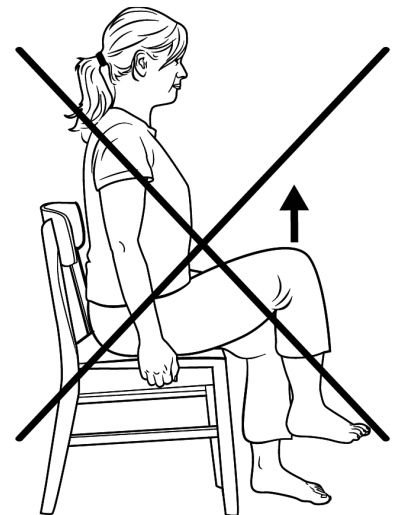
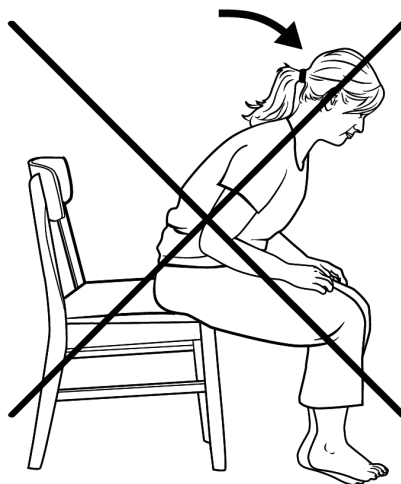
Follow these rules for at least 3 months, or until your surgeon tells you. You will have another appointment with your surgeon about 6 weeks after surgery.

## How do I follow the 3 rules?

### 1. Do not bend past 90 degrees

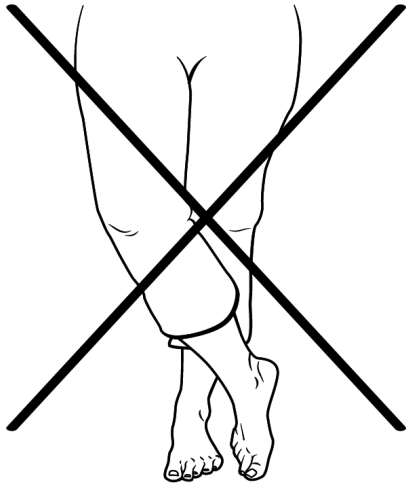


Do not bend past your waist

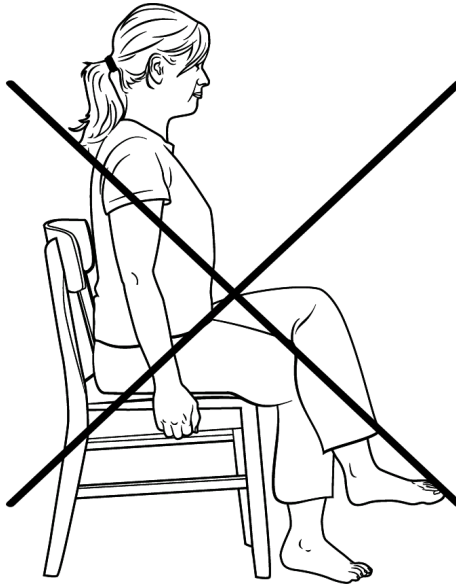


Do not lift up your operated knee

## 2. Do not cross your legs at the ankles or the knees

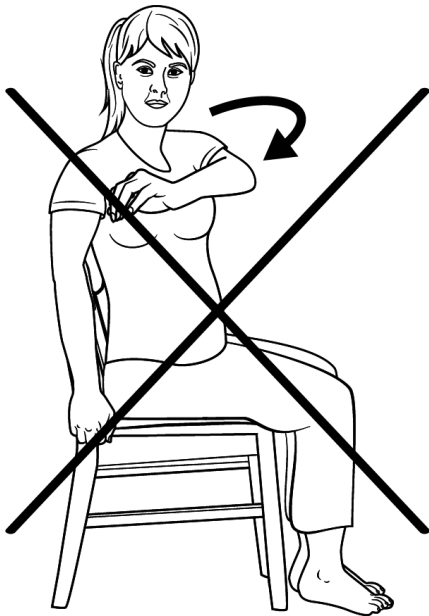


In bed or standing



Sitting

## 3. Do not twist at the waist or hip



To avoid twisting at the hip:

- Turn your whole body together.
- Do not reach across your body. Instead, use the hand that is closer to the item.

## Safe ways to do daily activities

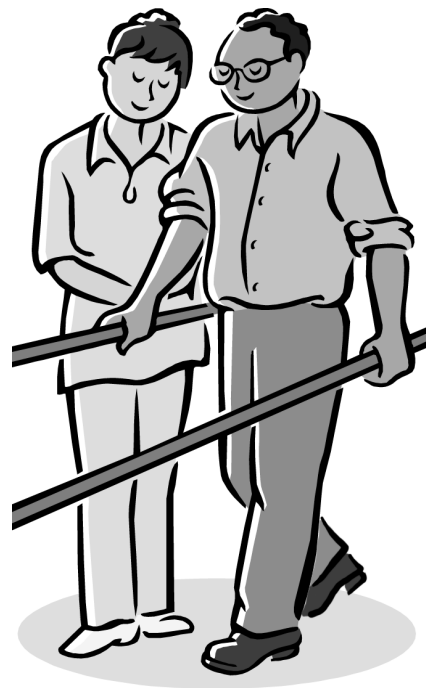
An occupational therapist will teach you how to follow the 3 rules in your daily activities. They will show you how to do tasks safely. This will also help you manage on your own as much as possible.

### Your therapist will help you with daily activities such as:

- Getting on/off a chair
- Getting on/off the toilet
- Lying in bed
- Dressing
- Getting in/out of the bath tub

### The therapist will also give you tips about:

- Equipment to make things easier
- Activities at home and in the community
- How to stay safe and prevent falls



## Sitting

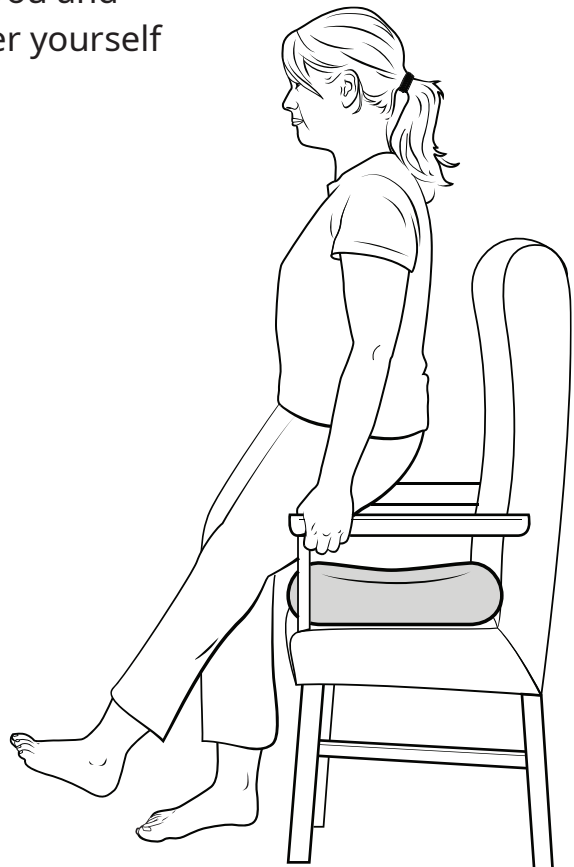
- When you sit, keep your knees lower than your hips.
- Always sit on a raised cushion, especially in the car.
- Sit on high, firm chairs with armrests.
- Do not sit in reclining chairs, rocking chairs, chairs with wheels and low sofas that sink as you sit down.
- Do not sit for more than one hour at a time.

### How to sit down:

1. Make sure there is a cushion on the chair before you sit down.
2. Back up towards the chair until you feel the chair against the back of your legs.
3. Stretch out the operated leg in front of you and reach back for the armrests. Slowly lower yourself into the chair.

### How to get up from a chair:

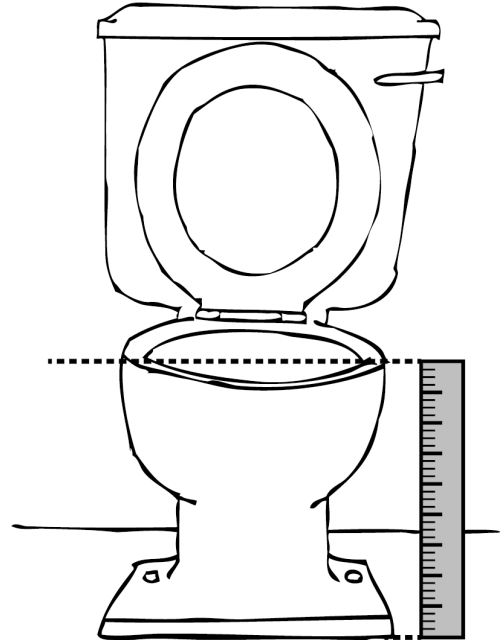
1. Move to the edge of the chair.
2. Stretch out the operated leg in front of you.
3. Hold the armrests, then use both arms to push yourself up from the chair. Do not pull on your walker to stand up, as it will tip.



## Using the toilet

After hip replacement surgery, you will need a **raised toilet seat** on your toilet at home. This is to make sure that your knees are not higher than your hips when sitting.

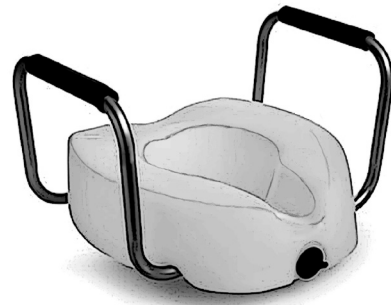
Ask someone to measure the height of your toilet at home. **Measure from the floor to the rim of the toilet bowl, not including the toilet seat.** Your therapist will then tell you what size toilet seat you need.



## Equipment you may need:



Raised toilet seat without armrests



Raised toilet seat with armrests



Versa Frame



Commode



### **When you go out:**

If a raised toilet seat is not available, use the stall with the higher toilet and safety grab bars.

### **How to get on the toilet:**

1. Back up until you feel the toilet against your legs.
2. Stretch out the operated leg in front of you.
3. Put your hands on the edge of the toilet seat or on the armrests.  
Or put one hand on a nearby counter.
4. Slowly lower yourself on to the toilet.

### **How to get off the toilet:**

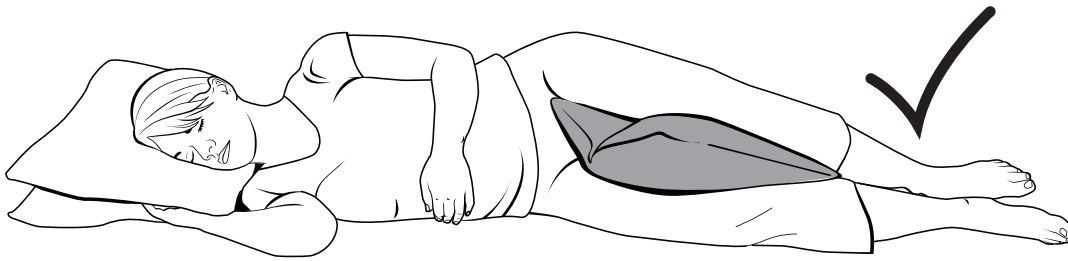
1. Move to the edge of the toilet.
2. Stretch out your operated leg.  
Do not wiggle as you move forward.
3. Put your hands on the edge of the toilet seat, armrests or nearby counter.
4. Push yourself up to standing. Do not pull on your walker to stand up, as it is unstable and will tip.



**\*\*\* Do not bend forward or twist at the hip as you sit or stand.\*\*\***

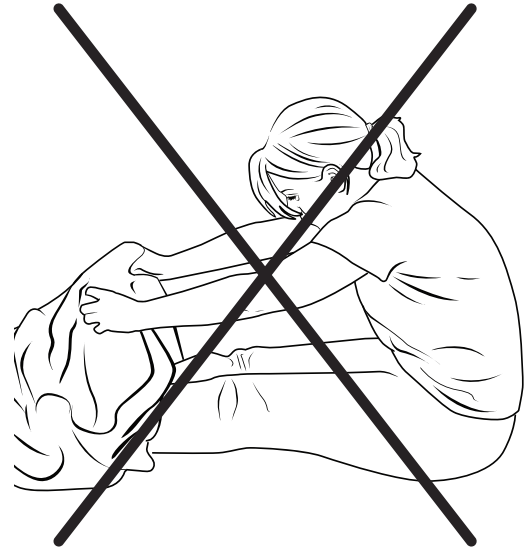
## Lying in bed

- Place a pillow between your knees. This will stop your legs from crossing when you lie on your back or on your side.



- Do not twist at the hip when turning to lie on your side. Place the pillow between your knees and roll over as one unit.

- Do not reach past your knees to pull up your blanket. Instead, fold your blanket over to the side as you get in/out of bed. You can also use your reacher to get your blanket.

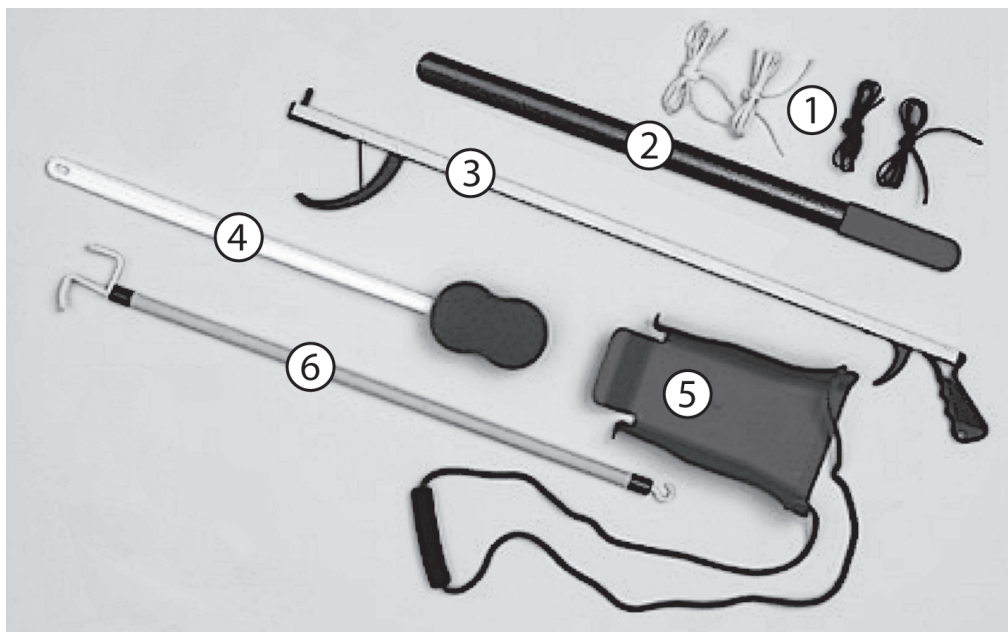


## Dressing

How to dress yourself:

- Sit down on the bed or a firm chair (with your cushion) when dressing.
- Use **dressing aids** when dressing your lower body. This will help you not to bend your hip past 90 degrees, twist or cross your legs.
- Your therapist will teach you how to dress using these tools.

Dressing Aids:



- |                           |                        |
|---------------------------|------------------------|
| 1. Elastic shoe laces     | 4. Long handled sponge |
| 2. Long handled shoe horn | 5. Sock aid            |
| 3. Reacher                | 6. Dressing stick      |

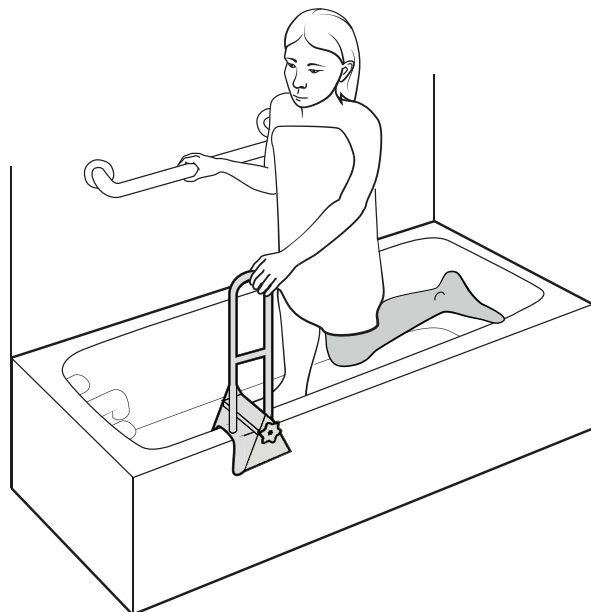
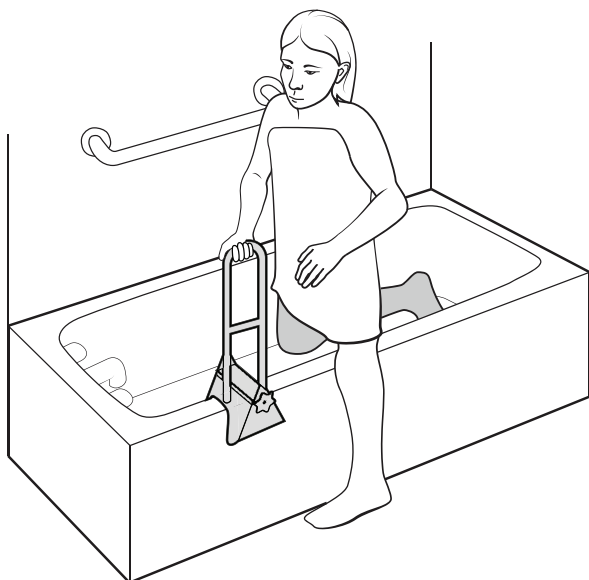
## Bathing

Do not sit on the bottom of the tub to bathe for at least **3 months** after hip replacement surgery. Wait until your doctor says it is okay.

### What equipment do I need for bathing?

This depends on your **“weight-bearing status.”** This is the amount of weight you are allowed to put on the operated leg after your surgery. Ask your surgeon and your therapist about this.

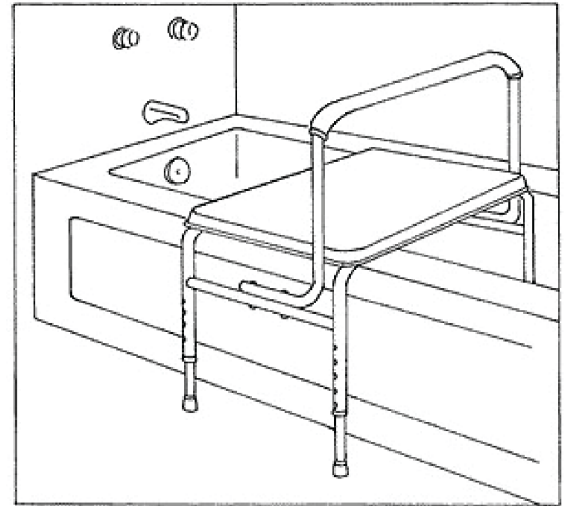
- How to get in/out of the bath tub **if you are allowed “Full Weight Bearing” or “Weight Bearing as Tolerated”**
1. Mount a grab bar on the wall or use a clamp-on tub rail
  2. Use a bath seat (with legs that change height) if you cannot stay standing
  3. Stand beside the tub, facing the tap
  4. Hold the wall grab bar or portable tub rail. Do not hold on to towel racks as they will not support your weight.
  5. Bend the leg backwards and bring the leg over the tub ledge.
  6. Leave room for the other foot to step into the tub. This will stop one leg crossing the other.



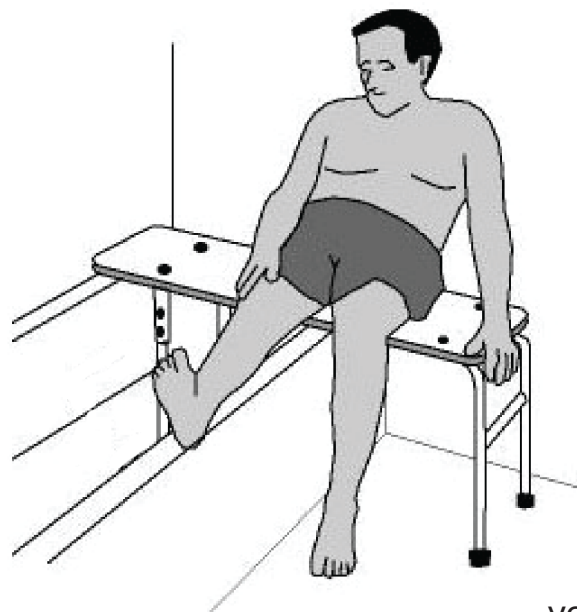
OR

□ **If you are “Non Weight Bearing”, “Feather Weight Bearing”, “Toe Touch Weight Bearing”, or “Partial Weight Bearing”**

1. Use a transfer tub bench (with legs that change height). Two of the legs will sit outside of the tub and two will sit inside the tub (see picture).
2. Back up until you feel the bench against your legs.
3. Stretch out the operated leg in front of you.
4. Place hands back on the bench.
5. Slowly lower yourself onto the bench.
6. Slide back as far as you can. Do not wiggle your body.
7. As you lean back, turn and lift your legs into the tub. Do not twist at the waist.



a transfer tub bench



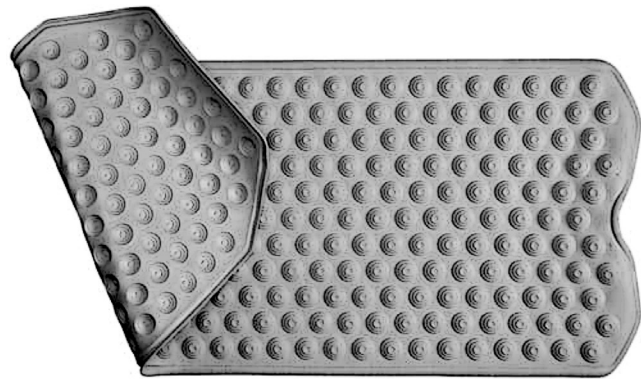
Lean back and lift your legs into the tub

## What else will help me wash safely?

- non-slip rubber mat (for both inside and outside the tub)
- hand-held shower head with on/off switch
- long handled sponge/brush
- shower gel (not bar soap)



Hand-held showerhead



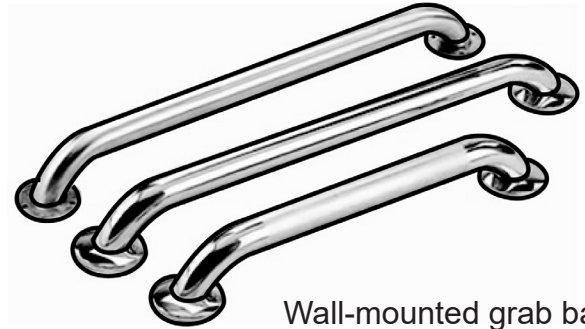
Non-slip rubber mat

This will make it easier to wash your back without twisting, and wash your legs without bending. Buy a shower head with an on/off switch so you don't have to bend forward to reach the taps. If there is no on/off switch, turn on the water before sitting.

### **Important:**

**Before you order any bathroom equipment, talk to your occupational therapist. They will tell you what you need before you leave the hospital.**

**Equipment examples:**



Wall-mounted grab bar



Padded tub transfer bench



Portable grab bar/Tub rail



Bath seat without back rest  
(height adjustable)



Bath seat with back rest  
(height adjustable)

# Home and Community Activities

## How soon can I start doing things around the house?

This depends. You may need to make changes in how you do some activities.

### Remember to follow the hip rules during all activities ...

- Do not bend past 90 degrees
- Do not cross your legs
- Do not twist

Wear sturdy shoes with non-slip soles and proper ankle and heel support. You may fall in socks or bare feet.

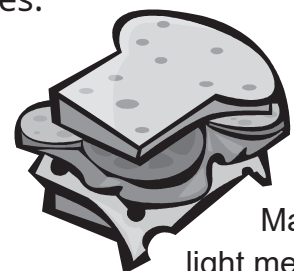


Wear sturdy shoes

## Kitchen Activities:

You can start some kitchen/cooking activities when you get home. Start by making light meals (e.g. sandwiches, salads, soups).

- Sit to work. For example sit at the table to chop vegetables.
- Use automatic on/off appliances (e.g. electric kettle).
- Keep items where you can reach them easily.



Make light meals



## To avoid bending or reaching:

- Put the items you use a lot on the low shelves of your top cupboards.
- Keep pots and pans on top of the stove or next to the stove.
- Keep food on the high shelves of your fridge.
- Use a microwave or toaster oven for heating and cooking food.

## To get things from one place to another:

- Slide items on the counter
- Use a trolley
- Get a tray, basket or bag for your walker
- Use an apron with pockets



Trolley



Walker with pouches

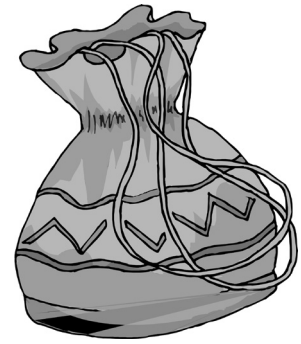


Apron with pockets

## Laundry:

- Do smaller loads more often.
- Use a laundry bag instead of a basket. It will be easier to carry if you are using a walker or a cane. The bag should be light enough to pick up using your reacher.

- Do not carry the laundry down the stairs. Instead, tie the bag and throw it to the bottom of the stairs. When you reach the bottom of the stairs, use the reacher to pick up the laundry bag.
- Place laundry on a table or on top of the washer/dryer. This helps you not to bend when loading/unloading the laundry.
- Do not twist when loading/unloading clothes from one machine to the next.
- If the machine is low, use your reacher to load/unload clothes or ask for help. Remember, do not bend past 90 degrees.
- If you live in an apartment, use a trolley or laundry basket with wheels to carry your laundry.



Use a laundry bag instead of a basket



## Sweeping:

- Do not twist when sweeping the floor. Move with your legs to sweep small areas at a time
- Use a dustpan with a long handle to avoid bending over.



## Mopping:

- Do not twist when mopping the floor.
- Choose a mop you can use without bending. For example, some sponge mops have squeeze handles at the top.
- Do not fill the pail of water too full. Do not move the pail with your foot. You can rinse the mop under the sink instead of using a pail.

## Dusting:

- Use long-handled dusters to clean high and low areas. This is to avoid reaching too high and bending too low.
- Sit to dust tables and counters whenever possible.

**Avoid heavy household tasks (such as vacuuming, washing windows, moving furniture) for 3 months or until your surgeon says it's OK.**

## Grocery Shopping:

- Ask for help to reach items on a high/low shelf. Do not bend down past 90 degrees.
- Use a shopping cart to transport groceries.
- Put shopping bags down on the table or countertop to unpack groceries. Do not twist when putting items away.
- You can use grocery delivery services if you cannot get to the store.



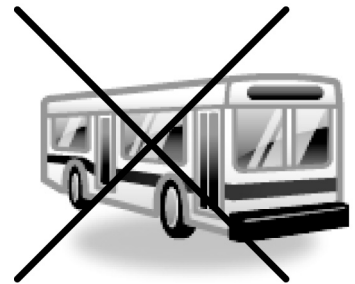
## Transportation:

### When can I drive again?

- Ask your surgeon before you begin to drive.
- Do not drive for at least 2 months after left hip replacement unless your surgeon says it's okay.
- Do not drive for at least 3 months after right hip replacement unless your surgeon says it's okay.
- For long distance driving, stop every hour or when you need to stretch and walk.

### What do I need to remember until then?

- Do not use public transportation (TTC).
- Always bring your cushion with you in the car.
- Always sit in the passenger seat as there is more leg room.
- Talk to your therapist if you are worried about how to go places.



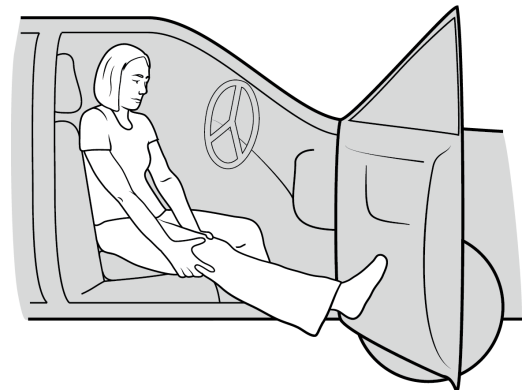
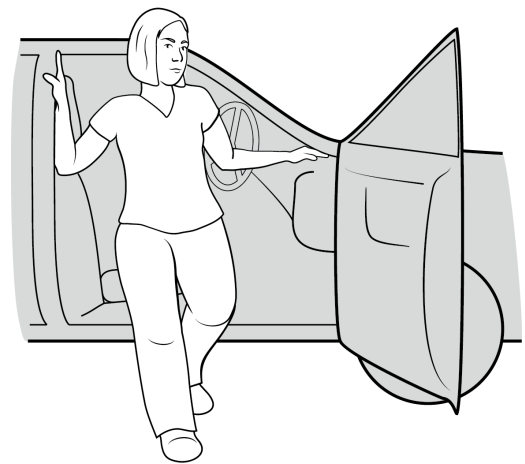
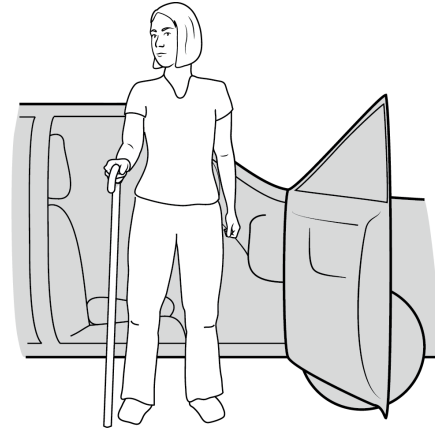
### How do I get into the car?

Ask for help to get the car ready:

1. Park at least 2-3 feet away from the curb. This helps you get into the car from street level, without extra bending.
2. Move the front passenger seat back as far as it goes. Tilt the backrest about half way back.
3. Put your cushion in a garbage bag and place it on the passenger seat. The plastic cover will make it easier to slide across the seat.

## To get in the car:

1. Back up towards the car with your mobility aid.
2. Do not sit until you feel the car seat against your legs
3. Place one hand on the dash board and the other on the door frame of the car. Do not hold the door for support because it can move suddenly.
4. Stretch out the operated leg in front of you.
5. Lean back and slowly lower yourself onto the cushion.
6. Slide back as far as you can. Do not wiggle as you move back.
7. As you lean back, turn your body and bring your feet into the car.
8. Ask for help if you cannot lift your legs into the car. Do not twist at the waist.



## To get out of the car:

1. Turn your body and lift your legs out of the car. Do not twist at the waist.
2. Move to the edge of the car seat.
3. Stretch out the operated leg in front of you.
4. Holding the dash board and the car seat, use both arms to push yourself up from the car seat. Do not pull on your walker to stand up, as it is unstable and will tip.

## Other Activities:

**Important:**  
**Consult your surgeon before starting any other activities.**

### Walking

- Walking is good exercise for you. Each time you walk, try to walk a little longer and farther.
- Ask your physiotherapist about walking aids you might need to walk outdoors.



### Gardening

- Do not do any bending, squatting or crouching down for at least 3 months after your surgery, or until your surgeon tells you.

### Swimming

- Ask your therapist if you can start swimming. Remember the 3 hip rules. You may need to change the way you swim.
- Use pools that have steps into the water. Do not use the ladder, jump into the water or bend low to enter the pool.
- Ask your surgeon about when these rules will finish.

## **Sexual Activity**

- You can resume sexual activity if you feel comfortable. Follow the 3 hip rules.
- Speak with your therapist or surgeon if you are not sure about positions.
- Try positions gently and stop if you have hip pain.
- You can resume all sexual activities at least 3 months after your operation or as soon as your surgeon tells you.

**Avoid all impact loading activities until cleared by your surgeon such as jogging, running, tennis, golf.**



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