



In the name of God

**Shohada Educational & Treatment
Hospital**

Important precautions after hip replacement surgery



**Patient and public education
committee**



Our wish is your health and well-being

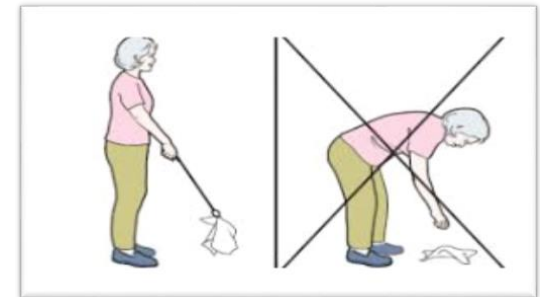
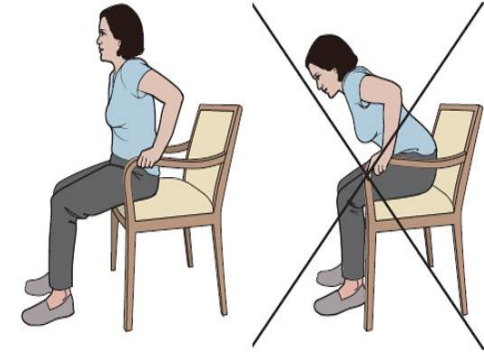
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Look at the pictures and use the
recommended precautions.



Never put one foot on top of the other.

House cleaning

Use a tool with a long handle to clean the floor or make the bed. Do not bend down and do not sit on the ground. Avoid turning and bending.

- ❖ Do not pull the vacuum cleaner behind you.
- ❖ Use a wheelbarrow to move your belongings.
- ❖ To cook food, sit on a chair with a suitable height. Keep the equipment you need in front of you and available.
- ❖ driving
- ❖ Do not drive without a doctor's permission.
- ❖ Do not get in or out of the car when you have parked it in an inappropriate place. Wait until you reach a flat place.
- ❖ Avoid sitting in the car for a long time. Get up and walk at least every hour.
- ❖ Avoid sitting in a car that has a short and hollow seat. Place a pillow or blanket under your hips.

Marital relationship:

Ask your doctor or therapist about the way of marital relationship and correct body position.

How to walk

- Bring the walker forward, bend the healthy leg and press the sole of the foot to the ground and stand up on the walker and the healthy leg with the help of your hands. Do not press on the side of the operation at all.
- Do not bend more than 90 degrees while sitting. Place your foot flat on the ground and do not rotate inward or outward.
- Up to 6 days after the operation, to prevent bedsores, press the healthy hands and feet on the floor and separate your hips from the bed and repeat this several times. Shake your ankle regularly. Press your knees to the ground and then relax for ten seconds. Tighten the hip muscles and then relax for ten seconds.

Bathing method

- Sit on a suitable chair near the hand shower.
- Put the toiletries on a table within your reach.
- For more help, you can use a clamp or a long handle.
- Do not bend down to pick up items and do not squat on the ground. (Be sure to use a chair.)
- To remove the pants, remove the operated leg first.

Important precautions after hip replacement surgery

- On the first day after surgery, if there is any pain, bleeding, swelling or stiffness in the operation site, be sure to inform the nurse.
- Sleep in the correct position. The head can be raised up to 30 degrees. Place a pillow under the ankle. Do not turn towards the surgical site. If you are sleeping on your back or on your side. Place a pillow between your legs. Your knees should be apart while sleeping.
- If you want to sleep on your side from the position of lying on your back, your torso and legs should be turned and placed on the side at the same time.
- Sleep on the non-operated side. The operated leg should be elevated.
- When using the toilet, bed and chair, their height should be higher than your knee, and if you sit, the operated joint should not be bent during any of the stages of sitting and standing.

