The Orthopaedic Center
St.Vincent's Medical Center

Acute Post-op Total Hip Replacement

Do's

Follow these rules and guidelines unless your orthopaedic surgeon tells you otherwise.

Use the abduction pillow between your legs:

– *while you are in bed,*
– *in the car, or*
– *when sitting and resting.*

You may lie on your side with a pillow between your knees.

When sitting:

– *sit slightly slouched,*
– *use an arm chair with firm support,*
– *keep your knees lower than your hips,*
– *use an elevated toilet seat or commode, and*
– *put extra cushions on low chairs.*

Use your reachers to pick up small items which are:

– *higher than your shoulders, or*
– *lower than your knees.*

Ask for assistance if you do not have a reacher or are having trouble using the reachers, dressing stick or aids.

Do your exercises regularly.

Get in and out of the car carefully:

– *make sure to recline and push your car seat back to avoid bending hips past 90 degrees.*

Schedule rest periods between activities; increase your activities as you get stronger every day.

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Don'ts

Do not bend your hips past 90 degrees.

This means:

Do not *sit up straight in a chair.*

Do not *sit in a low, soft sofa or chair.*

Do not *sit in a recliner.*

Do not *lift your knees higher than hip level.*

Do not *put your feet on a stool while sitting.*

Do not *bend sideways.*

Do not *bend/reach to pick up items that are lower than your knees, or on the floor.*

Do not *reach to put on your shoes or socks.*

Do not *reach to pull up the covers from the bottom of the bed.*

Do not *take tub baths.*

Do not let your operated leg cross the midline.

Do not *cross your legs at the knee or ankle.*

Do not *twist to reach across to the opposite leg.*

Do not *pull your leg up to put on your shoes and socks.*

Do not turn your legs inward.

Do not *stand, sit or lie down with your toes pointed toward each other (pigeon-toed).*

Keep your toes and knees pointed straight ahead!

Do not *drive until it is alright with your doctor.*

Do not *lift any heavy objects.*

Do not *do any activity which requires sudden starts, stops, or turns, such as tennis, jogging, skiing, etc.*