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Hip Replacement

After undergoing total hip replacement, you must take special care to prevent the new joint from dislocating and to ensure proper healing. Some of the common precautions to be taken include:

- Avoid combined movement of bending your hip and turning your foot inwards
- Keep a pillow between your legs while sleeping for 6 weeks
- Avoid crossing your legs and bend your hips past a right angle (90) for first three months
- Avoid sitting on low chairs
- Avoid bending down to pick up things, instead a grabber can be used to do so
- Use an elevated toilet seat

Physical Therapy:

- You may place full weight on the operative leg immediately following surgery unless specifically told otherwise.
- You will begin walking with a walker, and transition to a cane, and then to no assisted device.
- Physical therapy is optional for a hip replacement as walking is the best form of therapy initially.

Incision Care:

- 3 days after your surgery you may let shower water run over incision (no soaking).
- After 3 weeks, you may submerge the incision in a soaking manner.
- If steri-strips were applied, these will fall off on their own

Discharge

- Plan to leave same day or day after surgery
- This will lower risk of infection
- May see increase in financial responsibility with increased duration of stay