



General Information about your recovery following your hip replacement

1. You will initially start **walking** with the physiotherapist who will use a walking frame for support and then when you are confident you will progress within 24-48 hrs onto crutches and then down to one crutch or a cane within 48-72 hrs. **Use one crutch in opposite hand for 2-3 weeks**
2. **Hip Precautions: Avoid flexing your hip above 90 degrees for the first one month:**
You can lie on the opposite side anytime and on the operated side after 1 to 2 weeks or when feeling comfortable. Sit on a normal dining room chair height chair but avoid low couches for one month.
3. **Physiotherapy:** Outpatient physiotherapy twice a week is all that is needed however often patients are happy with the instructions we give on how to strengthen muscles and do these exercises at home. Some patients prefer in-patient rehab and this will be arranged whilst in hospital.
4. **Discharge Medication:** Patients are given medication for pain relief when they leave hospital. You will be given a daily Clexane (blood thinner) injection whilst in hospital and upon discharge 5 tablets of Xeralto. After you finish the 5 tablets you **MUST** take Aspirin 100mg daily for a further 28 days, Mobility is the key to preventing DVT's. If you normally take a blood thinner like eliquis or others, you will start back on this prior to discharge and no need for the aspirin or xeralto.
5. **The Wound:** The surgical wound is closed with absorbable sutures and a special glue. An extra waterproof dressing is on top. Keep the wound dressing on for a total of 2 weeks from the day of surgery. The dressing is waterproof for showering (not bathing or swimming). At 2 weeks peel the dressing off. There may be a small drain dressing which can be removed 5 days after surgery. There is no need for further dressings and you can now wet the wound directly.
6. **Driving:** You are free to drive at 4 weeks after surgery. Start off by sitting in the car and ensuring you can use the brake and accelerator comfortably and then do a short drive in your neighbourhood together with another driver. Do not drive if you have taken opioid medication on the during the day such as Palexia or Endone.
7. **Swimming:** You are able to get into a swimming pool 3 weeks after surgery with no wound covering. You can start hydrotherapy 1 week after surgery provided the hydrotherapist (usually inpatient) places extra waterproofing on the wound.

Wishing you a speedy recovery. Contact the office if any major concerns and make an appointment to see me in 6-7 weeks after the surgery.

Michael Solomon

Specialising in Surgery of the Hip & Knee (Updated Oct 2024)