

General Information about your recovery following your hip replacement (Posterior Approach)

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 4 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 2 to 3 weeks. 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.
4. **Discharge Medication:** Patients are given medication for pain relief when they leave hospital. In addition I recommend taking a 10mg Xeralto tablet every day for 4 weeks to thin the blood and prevent DVT's. Mobility is the key to preventing DVT's.
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 is no need for further dressings and you can now wet the wound directly.
6. **Driving:** You are free to drive four 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 neighborhood together with another driver.
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.

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