



**Knox  
Orthopaedic  
Group**

## HIP JOINT REPLACEMENT FAQ'S INFORMATION SHEET

The following are answers to our most frequently asked questions:

### • TED STOCKINGS

TED stockings are prescribed for you to wear for 4 weeks postoperatively. These are usually a below knee heavy weight stocking that helps prevent clots forming in your calf. These will be put on your legs immediately postop whilst you are in hospital.

### • CAR TRAVEL

It is preferable to keep car travel to a minimum for the first 6 weeks to avoid dislocation. However, you can travel in the car to a doctors appointment, or to an appointment with a physio or occupational therapist.

### • DRIVING

It is recommended that no driving be carried out until your review at the 6 week mark.

### • CRUTCHES

These are required for several weeks following the surgery, although it is acceptable if you are comfortable on one crutch or walking stick.

### • WEIGHT BEARING

As tolerated or when you are comfortable taking weight through your operated side.

### • EXERCISING

Walking is the best exercise you can do for the hip. However, if you are seeing a physiotherapist exercises given to you by the physio will also be beneficial. Hydrotherapy is also another good form of exercise and can be arranged through your physio or local pool.

Bike Riding: Please refrain from bike riding until your 6 week review.

### • SHOWERING

You may find a shower stool or plastic chair in the shower recess beneficial in the early stages.

### • SLEEPING POSITION

You must sleep on your back with a pillow between your legs for the first 6 weeks.

### • BENDING

One should not bend beyond 90 degrees for the first 6 weeks.

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- **SEXUAL INTERCOURSE**

This is best avoided for the first 6 weeks to avoid dislocation and thereafter it should be taken carefully for a further 4 weeks.

- **GARDENING**

Please refrain from gardening for the first 6 weeks.

- **DENTAL WORK**

Make your dentist aware that you have had a total joint replacement. Antibiotic cover will be required for more major dental surgery. This is to prevent the prosthesis becoming infected.

- **DONT'S**

Don't cross legs at knees at any stage in the future.

- **WOUND CARE**

Your wound will be a dissolvable subcuticular suture. Your dressing will be changed to a waterproof dressing just prior to discharge so that you can shower normally. One week after discharge you can take the dressing completely off and leave it to the open air. There are no sutures to be removed, the sutures you have are dissolvable. There is no need for further dressings unless there is any wound ooze. If there are any problems with the wound please notify us.

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