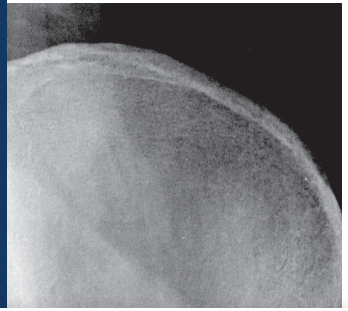


# POSTERIOR HIP REPLACEMENT

PREPARING FOR SUCCESS



MANNING REGIONAL  
HEALTHCARE CENTER

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An Affiliate of **MERCYONE**

# Thank You for Choosing MRHC

Our team at Manning Regional Healthcare Center would like to personally thank you for choosing us to help you regain your quality of life again. We are excited to help you through your hip replacement journey and provide you with all the information needed to ensure a successful recovery. Our team is always here to answer any questions or concerns before and after surgery.

We understand that doctors’ appointments and paperwork can become very overwhelming. We highly recommend you come sit down with our specialty clinic and rehabilitation teams to thoroughly discuss:

- How to prepare your home and body for surgery.
- What to expect every step of the way.
- What you need to do to ensure a successful recovery.
- How to care for your new joint for life.



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## What is a Hip Replacement?

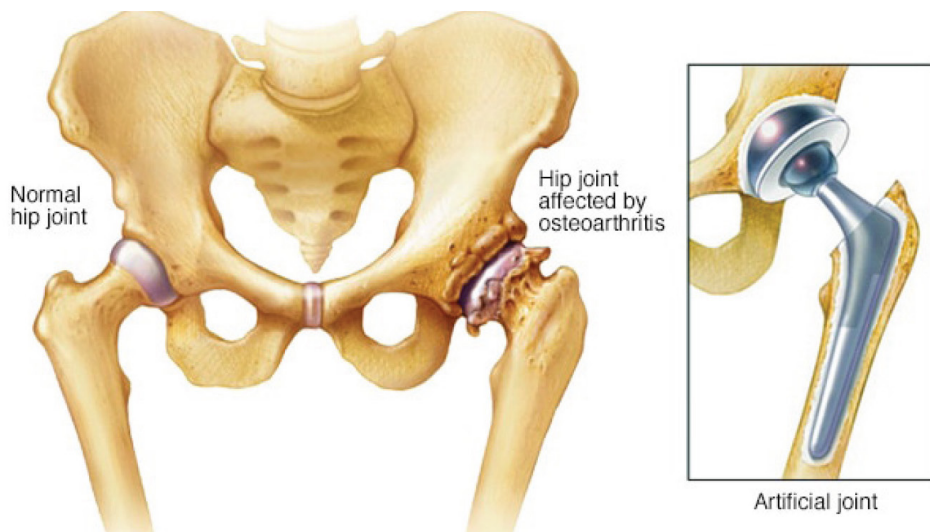
A total hip replacement is performed to relieve pain and restore function. Total hip replacement involves removal of arthritic or damaged bone from the top end of the thigh bone (femur) and replacement with a metal or ceramic implant. The socket (acetabulum) is replaced with a metal and plastic component or cup.

### The Degenerative Hip Joint

Your hip joint is a ball and socket joint. When damaged, patients may notice decreased range of motion (can't put on socks), groin pain, low back or buttock pain, or sometimes the pain may travel down toward the knee. Common causes of hip pain may include osteoarthritis, rheumatoid or psoriatic arthritis, avascular necrosis, congenital abnormalities, or traumatic injury.

### Your Replacement Hip Prosthesis

A total hip replacement will help you to move more normally and without pain. Total hip arthroplasty has a very high, 95% success rate. With advanced technology, the components are likely to last at least 20 years.



### Support

We recommend you select someone to be your coach while preparing and recovering from hip replacement surgery. This can be a spouse, family member, close friend or neighbor. We recommend that your coach attend doctor appointments with you and be available as needed for the first 1-2 weeks after surgery.

### Meals

Make sure you go to the grocery store prior to surgery and have easy and accessible meals prepared and available.

### Pre-Surgery Checklist

- ☐ Complete your pre-op physical with your family doctor
- ☐ Blood draw for your type and screen (blood type)
- ☐ DO NOT SHAVE near surgical site 5-7 days before surgery
- ☐ Stop smoking, it will decrease healing rate and increase infection risk
- ☐ Stop taking one week before surgery: NSAIDS, fish oil, herbal supplements or any other medications recommended by your doctor.
  - NSAIDS: Ibuprofen, Aleve, Advil, Motrin, Meloxicam (Mobic), Celebrex
  - You CAN take for pain: Tylenol or Tylenol p.m.
  - Ask your doctor when to stop blood thinners: Coumadin, Xarelto, Plavix

# Preparing for Surgery

## CONTINUED

### Clothing to Bring

The day of surgery you will be wearing a hospital gown. The first day after surgery, a nurse or nurse's aide will help you get washed up and changed into your own clothing. We recommend you bring 2-3 outfits with you to the hospital.

- ☐ Loose-fitting comfortable t-shirt
- ☐ Shorts/capri length pants are recommended. Sweat pants are acceptable if you are able to pull them up for nursing to check your bandages.
- ☐ Tennis shoes with preferably a closed back. Your foot may be a little swollen after surgery.
- ☐ You will be provided with a pair of TED hose or edemaware and hospital socks with grips on the bottom
- ☐ A nurse or nurse's aid will assist you with a shower while in the hospital and educate you on how to cover/care for your incision. Please bring any personal products: shampoo/conditioner, toothbrush/toothpaste

### Equipment

Please bring your walker/cane if you have one. A physical therapist will make sure it fits you correctly and is working properly. Most patients prefer a front-wheeled walker for 1-2 weeks and then transition to a single point cane. Please clean your equipment prior to coming to the hospital to decrease infection risk.

If you do not have a walker you can borrow one from the hospital. If you would like to get your own please let us know so that we can assist you with purchasing one.

# Home Safety Tips

## Housekeeping

- ☐ Clean up spills as they occur
- ☐ Keep floors and stairways free of clutter
- ☐ Put away personal items as soon as you're through with them.
- ☐ Put items on shelves within easy reach

## Floors

- ☐ Stay off newly washed floors until they are dry
- ☐ Rugs should have nonskid backings
- ☐ Eliminate small rugs at the head and foot of each stairway
- ☐ Keep rugs and carpets free of tears and other defects
- ☐ Carpeting with short, dense pile

## Bathroom

- ☐ Install rubber mats or non-slip decals in tubs or showers
- ☐ Grab bars in tubs and showers
- ☐ Keep soap in an easy-to-reach receptacle

## Traffic Lanes

- ☐ Able to walk through rooms without detouring around furniture
- ☐ Keep paths from bedrooms to bathrooms obstacle free
- ☐ Keep telephone and appliance cords off floors where people can walk

## Lighting

- ☐ Lighting should eliminate shadowy areas
- ☐ Have lamp or light switch within reach of your bed
- ☐ Night lights in bathrooms and hallways
- ☐ Stairways well-lit

## Stairways

- ☐ Handrails should extend the full length of the stairs
- ☐ Can you get a good grip on handrails?
- ☐ Stairways free of broken or sagging steps
- ☐ Stairway carpets and molding edges securely fastened and in good condition

## Outdoor Areas

- ☐ Outside walks and driveways free of cracks
- ☐ Put away garden tools/hoses after use
- ☐ Outdoor areas kept free of tripping hazards
- ☐ Keep outdoor walkways, steps, and porches free of wet leaves and snow
- ☐ Have doormats at the doorways

## Footwear

- ☐ Shoes should provide good traction
- ☐ Wear house slippers that fit snugly
- ☐ Avoid walking in stocking feet
- ☐ Wear oxfords, loafers, or sneakers when you work in the house or yard

## Personal Precautions

- ☐ Be alert for unexpected hazards
- ☐ If children visit, watch for them playing on the floor or for toys left in your path
- ☐ Watch for pets underfoot
- ☐ Make sure that bulky packages you carry don't obstruct your vision
- ☐ Carry small loads instead of big ones
- ☐ When you reach or bend, hold onto a support and refrain from turning too far. Pause to get your balance when you sit up or stand up.
- ☐ Avoid rushing to answer the phone or front door
- ☐ Eyeglass prescription up-to-date
- ☐ Have daily contact with a relative, friend, or neighbor



# Day Before Surgery

Take a deep breath. We understand that this can be an overwhelming time, but you will be under the best care. Our team at MRHC is ready and willing to answer any last minute questions or concerns to ensure you are prepared. Remember, you are preparing to get back the quality of life you want! Here is a checklist for the day before surgery.

- ☐ The hospital should have contacted you with your check-in time. If not, call and confirm.
- ☐ Drink a lot of water.
- ☐ Stop eating/drinking after 10pm unless given different instructions by the doctor.
- ☐ You should have been given a bottle of soap to shower with the night before and morning of surgery. If not, use anti-bacterial soap to shower the night before and morning of surgery.
- ☐ What to have ready to take to the hospital:
  - Clothing/shoes
  - Walker/cane if you already have one
  - Medications in their original bottles
  - CPAP if you have one
  - Insurance card

# Day of Surgery

## What to Expect

Today is the day! Please have someone bring you to the hospital the day of surgery. Preferably the person you have chosen to be your coach/support person, before, and after surgery.

You will check in at the front desk and will then be escorted to your pre-op room. In pre-op, a nurse will help you complete admission paperwork and get your vitals. You will change into a hospital gown and the nurse will help get you ready for surgery.

You will visit with a Certified Registered Nurse Anesthetist (CRNA) to discuss your anesthesia options (general anesthesia vs. spinal anesthesia...see pg 10). Your surgeon will meet with you to answer any last minute questions/concerns and mark your operative side.

On average, surgery will take 1-2 hours. Once surgery is completed, you will be moved to the recovery room and you will be monitored for 1-2 hours. The duration of your time in recovery will be tailored to your needs. In recovery, your care will be supervised by a nurse and a CRNA.

Once you meet certain criteria for discharge, you will be transferred to the med/surg floor. We recommend only one or two close family members or friends should visit you on this day. Most of the discomfort from surgery occurs during the first 12 hours following surgery. During this time you will be receiving pain medication through an IV and orally.

Your activity the day of surgery will depend upon the time of your surgery and how you are feeling. It is normal to walk the day of surgery and normally with full weight on your surgical side. You can begin performing ankle pumps immediately after surgery which help prevent blood clots in your legs while also decreasing pain and swelling.

You will wear pumps that gently squeeze your feet or calves to help with circulation and decrease blood clot risk. A respiratory therapist or nurse will meet with you after surgery and teach you how to use your Incentive Spirometer.

# Anesthesia

In pre-op, a CRNA will meet with you to discuss two options for your anesthetic care which include: 1. General Anesthesia and 2. Neuraxial/Regional (also commonly known as Spinal Anesthesia).

## General Anesthesia

### Pros

- Traditional “asleep” anesthesia whereby medications are administered through your IV and you drift off to sleep. A breathing device is placed in your airway to administer anesthesia gases to keep you asleep.
- Uses large doses of IV narcotic medication for pain control throughout the surgery and in recovery to keep you comfortable
- You will be asleep until recovery

### Cons

- Increased chance of nausea and vomiting due to narcotics
- Increased chance of nausea and vomiting due to inhaled gases to remain asleep (typically in patients with a history of motion sickness)
- Longer “wake up” and grogginess from narcotic medication that is given during the case and in recovery as you wake up and need more to keep comfortable
- Increased likelihood of post-operative delirium
- Increased incidence of sore throat/scratchy voice from the breathing device inserted once asleep

## Neuraxial/Regional Anesthesia (Spinal)

### Pros

- No pain immediately after the operation (we transition you smoothly to oral and IV medications and decrease your narcotic medication load over your stay)
- You will still be asleep until you are in recovery (we use a continuous dose of an IV medication called Propofol to sedate you during surgery. It is “fast on and fast off”). Other institutions use intermittent medications which increase the likelihood of recall or remembering

parts of the surgery.

- Less chance of nausea and vomiting (the drip medication and lack of narcotics and gas ensure this)
- Increased patient satisfaction
- Awake faster in recovery (less chance of delirium)
- No sore throat (no airway device is used)
- Recent studies show a decrease in post-operative cardiac, GI, urinary, renal and pulmonary complications (less stress on the heart and blood pressure swings, less constipation, less kidney issues, and less pneumonia or respiratory complications). There is a decrease in clotting issues after surgery such as deep vein thrombosis (DVT), pulmonary embolism (PE), and transfusion requirements. Overall mortality of patients in one study was also reduced by approximately one-third.

### Cons

- You will have numbness in your legs from the waist down for a few hours post-surgery
- Very slight possibility of recall or “awareness” during surgery.
- Slight possibility of urinary incontinence until the medication fully wears off; especially male patients with prostate issues prior to surgery.
- Contraindicated in patients on blood thinners unless they have been held appropriately, patients with certain heart valve defects, and longer operative cases
- Minimal risk of nerve damage, residual back pain, or headaches.

We will use standard intra-operative monitors to monitor you throughout the procedure (EKG stickers to monitor your heart, a blood pressure cuff to monitor your pressures, and a Pulse Oximeter to monitor your oxygenation; all placed in the operating room (OR)), as well as an intravenous (I.V.) catheter placed in order to administer medications. A CRNA (Nurse Anesthetist) will take you back to the OR and be present for the entirety of the procedure. Rest assured that either of these procedures are extremely safe (complications from anesthesia are less than 1:100,000 which is <0.001%)

# Hip Precautions

1. Avoid bending at your hip more than 90 degrees.
  - Do not sit in a chair that is too low or soft which forces you to bend your hips past 90 degrees, such as a recliner.
  - Do not lean forward to reach for something when sitting in a chair.
  - Do not bend over to pick items up off the floor.
  - Do not put socks/shoes on without help or use of an assistive device.
2. Do not cross your legs at the ankles or at the knees.
  - Do not bring operated leg across midline of body.
3. Do not turn your operated leg inward.
  - Do not walk pigeon toed.



## Exercise Before & After Surgery

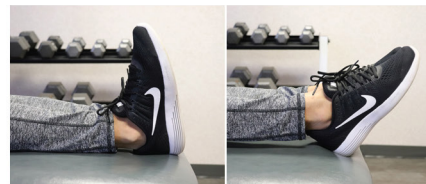
### Exercise BEFORE surgery:

It is important to be as fit as possible before undergoing a total hip replacement. This will make your recovery much faster. You should start doing your exercises before surgery twice a day and 10-20 repetitions of each exercise.

### Exercise AFTER surgery:

Your physical therapist will instruct you on exercises to complete after you leave the hospital. The exercises focus on range of motion and flexibility exercises that are important in improving your motion, and strengthening exercises to restore full strength. You will perform your home exercise program twice a day when you leave the hospital. You typically do not need outpatient physical therapy.

# Hip Rehabilitation Exercises



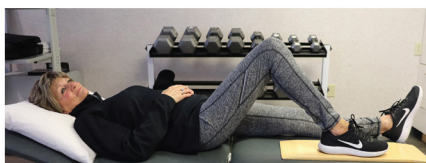
**Ankle Pumps:** Lie on your back with legs straight. (Can also be sitting). Leaving heels on bed/floor, bend your ankles up and down as far as possible.



**Quad Sets:** Lie on your back with legs straight. Tighten (flex) the muscles on the top of your thigh. Push the back of your knee down to bed/floor. Hold 5 seconds & relax.



**Gluteal Sets:** Lie on your back with legs straight. Tighten the muscles in your buttocks in a pinching position. Hold for 5 seconds & relax.



**Heel Slides:** Lie on your back with legs straight. Slide your leg up, bending leg at the knee and hip. Bring your heel toward your buttocks. Return to starting.



**Short Arc Quads:** Lie on your back with firm pillow/rolled towel under thigh of operated leg. Lift foot, straightening knee. Slowly lower.



**Hip Abduction:** Lie on your back with legs straight in front of you. Slide operated leg out away from opposite leg as far as comfortable then return to starting position. Hold 5 seconds & relax.



**Long Arc Quads:** Sit on firm chair, both feet flat on floor. Lift foot until knee is completely straight. Hold and slowly lower.



# Adaptive Equipment



**1) Sock Aide** – To assist with putting on socks. *Eliminates the need to bend over.*



**2) Reacher** – To assist with lower extremity dressing and undressing, and to assist with reaching for items on the floor or in a cupboard.



**3) Extendend Shoe Horn** – To assist with putting on and taking off shoes.



**4) Dressing Stick** – To assist with putting on and taking off pants, socks, and shoes.



**5) Gait Devices** – To assist walking.

- Walker
- Quad Cane
- Auxillary Crutches



## 6) Bathroom Safety

- **Toilet Safety Frame** – assists with safety when sitting/standing from toilet.
- **Tub Transfer Bench** – Eliminates need to step over high tub ledge.
- **Tub/Shower Chair** – Allows you to sit while you shower/bathe.
- **Grab Bars** – assists with getting into and out of tub or shower.
- **Toilet Seat Riser** – to put over toilet as regular toilet seats are often too low to sit on



# Road to Recovery

## Congratulations!

Surgery is behind you and you are on the “road to recovery.” We know these days can be long and tiring, but remember, surgical pain is temporary pain. You will have good days and harder days, but keep working and follow your recommendations given by your medical team. Here are some tips and advice to help you at home.

## Controlling Pain

- Take pain medication 30 minutes before physical therapy or home exercises.
- Rotate positions between sitting and laying down with your leg elevated every 45 minutes to an hour. Do NOT put a pillow behind your knee in a bent position. It will feel comfortable but will cause you to have difficulty straightening your leg which will affect your walking for the rest of your life.
- Walk around your house every 45 minutes to an hour to decrease pain, improve motion, decrease risk of blood clots, and to stimulate the bowels.

## Controlling Swelling

- Lay down on your bed or couch and elevate your leg so it is straight and elevated above your heart with pillows or a foam wedge. Ice and ankle pumps while elevating will help increase drainage of swelling.
- Ice helps decrease both pain and swelling. You will be given specific recommendations in your dismissal instructions when you leave the hospital.
- The better you control your swelling, the better your pain and range of motion will be.



## CONTINUED

### Body Changes

- It is normal to have decreased appetite. Try to eat healthy and well-balanced meals. Protein and healthy nutrients will promote healing.
- Your energy level will be decreased for the first month after surgery.
- Sleeping at night can be difficult for the first month. Try not to nap too much during the day.
- Narcotic pain medication can promote constipation. Stool softeners, laxatives, milk of magnesia, prune juice, eating a high fiber diet, and drinking plenty of water can help prevent constipation.

### Caring For Your Incision

- Keep your incision clean and dry by keeping it covered with a light dressing.
- If you have staples, stitches, or steri-strips they will be removed in 10-14 days at your follow up appointment with your surgeon.

### Don't Give Up!

Whether you have reached all the recommended goals in three months or not, all total joint replacement patients need to have a regular exercise program to maintain their fitness and the health of the muscles around their joint. With both your orthopedic and primary care physician's permission, you should be on a regular exercise program three to four times per week lasting 20-30 minutes.

## What to Do in General?

- Take prophylactic antibiotics one hour before you are having dental work or other invasive procedures for the rest of your life.
- Although the risks are very low for post-op infections, it is important to realize that the risk remains. A prosthetic joint could possibly attract the bacteria from an infection located in another part of your body. If you should develop a fever of more than 101° or sustain an injury such as a deep cut or puncture wound, you should clean it as best you can, put a sterile dressing or Band-Aid on it and notify your doctor. The closer the injury is to your prosthesis, the bigger the concern. Occasionally, antibiotics may be needed. Superficial scratches may be treated with topical antibiotic ointment. Notify your doctor if the area is painful or reddened.
- When traveling, stop and change position hourly to prevent your joint from tightening.
- See your surgeon yearly unless otherwise recommended.

## What to Do for Exercise: Low-Impact Activity

- Low-impact exercise classes, water aerobics (when your incision is healed)
- Home program as outlined in Patient Guide
- Regular one to three-mile walks
- Home treadmill
- Stationary bike
- Regular exercise at a fitness center
- Low-impact activities – golf, bowling, walking, gardening, dancing, etc

## What Not to Do:

May Cause Fracture Around Prosthesis

- Do not run or engage in high-impact activities (jump out of tractor/semi truck, jumping off ladder).
- Do not participate in high-risk activities such as downhill skiing, etc.

# Recognizing & Preventing Potential Complications

## Signs of Infection

- Increased swelling, redness at incision site
- Change in color, amount, and/or odor of drainage
- Increased pain in hip
- Fever greater than 101° F

## Prevention of Infection

- Take proper care of your incision as explained.
- Take prophylactic antibiotics when having dental work or other surgical procedures.
- Continue these recommendations for at least two years after your surgery.
- Notify your physician or dentist that you have a total joint replacement.

## Blood Clots in Legs

Surgery may cause the blood to slow and coagulate in the veins of your legs, creating a blood clot. This is why you take blood thinners after surgery. If a clot occurs despite these measures you may need to be admitted to the hospital to receive intravenous blood thinners. Prompt treatment usually prevents the more serious complications of pulmonary embolus.

## Signs of Blood Clots in Legs

- Swelling in thigh, calf, or ankle that does not go down with elevation
- Redness
- Pain or tenderness in calf
- NOTE: Blood clots can form in either leg.
- Your surgeon should be notified immediately if any of these signs occur.

## Prevention of Blood Clots

- Foot and ankle pumps
- Walking
- Compression stockings
- Blood thinners such as Coumadin or Heparin, or even aspirin as prescribed by your physician.

# Frequently Asked Questions

**What is total hip replacement?** Total hip replacement involves removal of bone from the end of the thigh bone (femur) and replacement with a metal or ceramic implant. The socket (acetabulum) also is replaced with a metal and plastic or ceramic component. Bone near the hip may need to be cut at the time of surgery. Bone cement may be used to hold the femur in place.

**What are the results of total hip replacement?** A total hip replacement is one of the most successful orthopedic surgeries there is. 9 out of 10 surgeries will never need a revision. Over 95% of people having the procedure receive excellent pain relief and improved use of the hip after surgery.

**When should I have this type of surgery?** Your orthopedic surgeon will decide if you are a candidate for the surgery. This will be based on your history, exam, x-rays, and response to conservative treatment. The decision will then be yours.

**Am I too old for this surgery?** Age is not a problem if you are in good health and have the desire to continue living a productive, active life. You may be asked to see your personal physician for his/her opinion about your general health and readiness for surgery. (Studies at Mayo Clinic show the procedure can be done safely and effectively in patients 90 years and older, providing years of improved quality of life.)

## How long will my new hip last and can a second replacement be done?

The longevity of the hip replacement is primarily limited by the wearing out of the plastic portion of the articulation of the ball and socket metal components. We expect most hips to last 10 years. It is expected that as technology advances this number will approach 20 years in the near future. As mentioned earlier, 9 out of 10 will never need a revision.

**What are some possible complications?** The hip replacement can dislocate after the surgery. The chance of this is reduced by following the hip precautions listed in this book. Leg length discrepancy can also be a complication.

**What are the major risks?** Most surgeries go well, without any complications. Infection and blood clots are the two serious complications that concern us the most. To avoid these complications, we use antibiotics and blood thinners. We also take special precautions in the operating room to reduce risk of infections. The chances of this happening in your lifetime are one percent or less.

## Should I exercise before the surgery?

Yes. You should either consult a physical therapist or follow the exercises listed in this book. Exercises should begin as soon as possible.

**How long am I incapacitated?** Expect to get out of bed the day of your surgery.

# Frequently Asked Questions

## CONTINUED

Most people walk to the bathroom on the day of surgery. If your surgery is late in the day, the nurse may just have you sit on the edge of your bed.

### **How long will I be at the hospital?**

Most hip patients will stay for three nights after their surgery. There are several goals that you must achieve before you can be discharged home.

**What if I live alone?** Two options are available to you. You may either stay at a sub-acute facility following your hospital stay or a home health nurse and a home physical or occupational therapist may assist you at home.

**Will I need a second opinion prior to the surgery?** You should contact your insurance company to pre-authorize your surgery. If a second opinion is required, the insurance company will tell you.

**How do I make arrangements for surgery?** Your surgeon's office will make arrangements for your surgery and your preoperative visit to your primary care physician, or a physician in Manning that can follow you at the hospital if you need their attention.

**How long does the surgery take?** We reserve approximately two to two-and-a-half hours for surgery. Some of this time is taken by the operating room staff to prepare for the surgery.

**Do I need to be put to sleep for this surgery?** You may have a general anesthetic which most people call "being put to sleep." Some patients prefer to have a spinal or epidural anesthetic, which numbs your legs only and does not require you to be asleep. The choice is between you and the CRNA.

**Will the surgery be painful?** You will have discomfort following the surgery, but we will keep you comfortable with appropriate medication. Generally most patients are able to stop very strong medication within one day.

**Who will be performing the surgery?** Your orthopedic surgeon will do the surgery. There may be another orthopedic surgeon or a physician's assistant also present.

**How long, and where, will my scar be?** The scar will be approximately four to ten inches long, with some variability due to pathology or patient size. Location of the scar is dependent on the approach the surgeon takes to replace the hip. There will be some numbness around the scar, which is normal. This will not cause any problems.

**Where will I go after discharge from the hospital?** Most patients are able to go home directly after discharge. Some may transfer to a sub-acute facility. The length of the stay in such an area will depend upon your progress and your doctor. Your doctor will discuss this issue

with you if the need arises and make the necessary arrangements. You should check with your insurance company to see if you have sub-acute benefits.

**Will I need help at home?** Yes. The first several days, depending on your progress, you will need someone to assist you with meal preparation, etc. If you go directly home from the hospital, and need special help, your doctor may order home health. Family or friends need to be available to help if possible. Preparing ahead of time, before your surgery, can minimize the amount of help needed. Having the laundry done, house cleaned, yard work completed, clean linens put on the bed, and single portion frozen meals will reduce the need for extra help.

**Will I need physical therapy when I go home?** Typically physical therapy is not necessary following hip replacements. However, physical therapy may be necessary in some circumstances at home or at a facility near your home. The length of time required for this type of therapy varies with each patient. Since you will not be able to drive, you will need to arrange transportation to and from physical therapy.

**How long until I can drive and get back to normal?** Studies have shown that it takes six weeks for sufficient healing and return of reaction time to allow you to safely return to driving. Based on which leg was operated on

and whether your car is a manual or an automatic, your doctor may give you clearance to return to driving at an earlier date. Choosing to drive before being given clearance should be considered at your own risk. If you are on narcotic medications you should not drive. Consult with your surgeon before driving.

**When will I be able to get back to work?** We recommend that most people take at least one month off from work, unless their jobs are quite sedentary and they can return to work with crutches. An occupational therapist can make recommendations for joint protection and energy conservation on the job.

**When can I have sexual intercourse?** The time to resume sexual intercourse should be about 6 weeks post-op.

**How often will I need to be seen by my doctor following the surgery?** One to two weeks after discharge, you will be seen for your first post-operative office visit. The frequency of follow-up visits will depend on your progress. Many patients are seen at six weeks, twelve weeks, six months, then yearly.

**Do you recommend any restrictions following this surgery?** Yes. It is critical that you follow the hip precautions and restrictions set forth by your orthopedic doctor. Always ask your orthopedic doctor if you have doubts regarding activities.

CONTINUED

**What physical/recreational activities may I participate in after my recovery?**

You are encouraged to participate in low-impact activities such as walking, dancing, golf, hiking, swimming, bowling, and gardening. Under the advice of your orthopedic doctor, you may also be able to return to some of your more strenuous activities.

**Will I notice anything different about my hip?**

Yes. You may have a small area of numbness to the outside of the scar which may last a year or more.

This is not serious. Prosthetic hips have slightly less range of movement than the original healthy hip, but you can expect near-normal movement with an active lifestyle.

**Will I need a walker, crutches, or a cane?**

Yes. For about six weeks we do recommend that you use a walker, a cane, or crutches. Physical therapy will assist you in these arrangements.

**Will I need any other equipment?**

Yes. An occupational therapist can help you decide.



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