



## Hip Replacement Surgery Information

Below is some information regarding your operation, which is intended as a guide. Please read this. For any further clarification, or if you have any queries or issues, please contact my rooms as soon as possible on 9389 3855 or email: [spenceradmin@hogwa.com.au](mailto:spenceradmin@hogwa.com.au)

With kind regards,

Mr Jonathan Spencer

### **Risks and Benefits of Hip Replacement Surgery - Please Read**

#### **Aim of Surgery**

- Reduce hip pain
- Improve hip function
- Improve overall quality of life and mobility

Overall success rate: 95%

#### **What to Expect**

- 3-5 days in hospital
- 2 weeks of swelling and discomfort requiring significant pain killers
- 6 -12 weeks for reasonable recovery
- 6-12 months for a good to full recovery

#### **Risks**

- 5% chance of minor complication
- 1% chance of serious complication
- Risk of dissatisfaction with the outcome of surgery
- Extremely rare chance of death

## Possible Complications of Surgery

- Wound infection
- Deep joint infection
- Deep vein thrombosis (DVT)
- Fracture
- Nerve injury
- Component failure
- Revision surgery
- Dislocation
- Heart attack
- Chest infection
- Pulmonary embolism

## Post Operation Wound Care

- Keep wool and crepe bandages on for 24 hours after the operation.
- Keep wounds clean, dry and covered for 2 weeks or until the wound is completely healed. If the dressings get soaked through, they will need to be changed.
- Do not soak the incision (ie. bath or pool) until the wound is completely healed.
- Mr Spencer mainly uses dissolvable stitches.
- If you have any concerns about your wound please contact Mr Spencer's rooms.

## After your Hip Replacement Surgery: A Rehabilitation Guide

The time frames below are approximate, vary between individuals and are best guided by Mr Spencer or your Physiotherapist.

*Notes below in italics are guidelines intended for your Physiotherapist.*

### **Weeks 0-6**

- Use your **walking aid** for as long as you require it. This is often for the first 6 weeks after surgery. Try to walk as close to a **"normal" walking pattern** as possible eg. with an even step length on both sides.
- Ensure **adequate pain relief**.
- You can use **ice for pain relief**, for 10-15 minutes, 1-3 times/day. Continue to check that your skin is ok whilst using the ice.
- Ensure **adequate rest** during this stage.
- *Do set **exercises** 1-3 times/day: eg. Hip Flexion, Abduction and Extension in standing. Maintain Inner Range Quadriceps strength.*
- Where possible, the set **exercises are best performed** approximately half an hour after pain relief medication is taken. **Ice** can be used after performing exercises.

- **Restrictions** for the first 3 months:
  - **Do not bend** your hip up past 90 degrees (this includes when bending forward). Do not sit on low furniture. Use an elevated toilet and shower seat.
  - Try **not to twist** your hip (leg/foot) in or out.
  - **Do not cross** your legs or take your operated leg **across the midline**.

### Weeks 6-12

- **Walking** (on land or in water) is a good form of exercise for your hip. Do not overdo it at this stage and listen to your body. Wait until the wound is 100% healed (not before 4 weeks) before immersing in a pool. Make sure you can safely enter and exit the pool.
- You are able to **drive from about 6 weeks**, when you feel safe and competent to do so. You may need to check with your insurance company to ensure that you're covered to drive.
- You may be able to **return to work** between 4-10 weeks, depending on your job. Please discuss this further with Mr Spencer.
- *Continue to improve your balance and the **strength** of your hip.*

### Week 12 +

- You are allowed to use a **stationary bike** if desired– initially for 5 minutes with no resistance, increase duration and then resistance gradually over time, as is comfortable. Make sure your hip does not go past 90 degrees flexion when riding.
- From 3-6 months you can resume activities such as **Bowling, Gardening and Golf**.
- Your mobility and strength can continue to improve for the first year.
- **Avoid high impact activity** such as jogging, aerobics, high intensity cycling, twisting/turning or jumping exercise.
- **Maintain a normal weight** for your height and body build in order to minimize wear on your prosthesis.
- *Continue to improve the **strength** and balance of your leg/s.*
- *Include single limb stance exercises for balance, as you are safely able to do.*