Recovery After Hip Replacement Surgery

Congratulations on your hip replacement surgery! This leaflet outlines your recovery process, divided into three phases. Follow these guidelines to ensure a smooth recovery.

Phase 1: Acute Recovery (Days 1-14)

Goals:

- Pain Management
- Mobility Improvement
- Wound Management and Healing

Key Points:

- **Pain Management:** Take your analgesia as prescribed. Effective pain control is essential for your mobility and recovery.
- **Mobility:**
  - Use a walker or crutches as directed by your healthcare team.
  - Avoid sitting cross-legged, bending at the waist, and using very low seats/chairs or toilet seats.
  - A toilet or seat raiser can be purchased to assist with these activities.
- **Swelling Control:** Elevate your leg and use ice packs on the hip (avoid direct contact with the skin) to reduce swelling.
- **Wound Care:** Keep your incision clean and dry. Follow your surgeon's instructions for wound care.

Phase 2: Early Rehabilitation (Weeks 2-10)

Goals:

- Continued Mobility Improvement
- Strengthening Hip Muscles

Key Points:

- **Mobility:**
  - Continue using a walker or crutches as needed.
  - Avoid sitting cross-legged, bending at the waist, and using very low seats/chairs or toilet seats. Consider using a toilet or seat raiser.
- **Strengthening Exercises:** Begin gentle exercises as recommended by your physiotherapist to strengthen the hip muscles.
- **Daily Activity:** Focus on gradually increasing your daily activity level while avoiding high-impact movements.

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Phase 3: Advanced Rehabilitation (Weeks 10-1 Year)

Goals:

- Improve Walking Patterns
- Enhance Strength and Flexibility

Key Points:

- **Walking Patterns:** Work on normalizing your walking pattern. Pay attention to your gait and balance.
- **Strengthening Exercises:** Continue with exercises to strengthen the hip and improve flexibility.
- **Gradual Return to Activities:** Gradually resume normal activities and consider low-impact exercises, like swimming or cycling, as you feel comfortable.

Final Tips:

- Listen to your body and adjust activities based on your comfort level.
- Stay consistent with your exercises and follow up with your healthcare provider for ongoing assessments.
- Don’t hesitate to reach out to your healthcare team with any concerns or questions during your recovery.

Contact Information: If you have any questions, please contact our office

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