

## Patient information

# **Independence with your Personal Care after a Total Hip Replacement**

Therapies Department

Before you carry out any daily activities, it is important you are following the identified hip precautions, below. These precautions need to be followed for 6 weeks unless advised otherwise by your consultant.

### **Hip Precautions**

- Do not bend your hip further than 90 degrees or bend your body forwards more than 90 degrees.
- Do not cross your legs.
- Do not twist or turn at your operated hip.

Your occupational therapist will help you to maintain your independence as she or he will give you a number of long handled washing and dressing aids. These aids are usually given to you before your operation so you can practice using them.

**On admission to hospital, you will need to bring these aids in with you.**

### **Tips for washing and dressing success.**

- We recommend that you do not use a bath for six weeks due to your hip precautions.
- If you have shower cubicle, you may continue to use this if you feel comfortable standing.
- If you are having a strip wash, you could complete this standing at the sink if you feel comfortable. Otherwise, you could sit on a suitable chair.
- We recommend that you avoid soaking your wound, as much as possible.
- Always dress your operated leg first and undress your operated leg last.

## Helping Hand



Helps with dressing your lower body, as well as enabling you to reach and pick up objects from the floor without you having to bend or twist.

To dress, place clothing in the claw, close claw and lower to the floor. Dressing your operated leg first, slide your foot into the clothing and pull the aid up towards your knee.

Repeat this for your non-operated leg or alternately dress your non-operated leg as normal.

## Soxon Sock Aid



Helps with putting socks and tights on without having to bend.

To use, place the aid on your lap and pull your sock over the pointed end of the aid. Taking hold of both straps lower the aid to the floor.

Slide your foot into the sock aid and pull it towards you using both straps. Continue to pull on the two straps until your sock is fully on your foot.

## Long Handled Shoehorn



Helps you to put your shoes on without having to bend or cross your legs.

To use, place the shoehorn at the back of your shoe, and slide your foot down the shoehorn.

## Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

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