

How to get dressed

This leaflet aims to show you how to get dressed and undressed while you are recovering from your hip operation. If you have any further questions, please speak to the occupational therapist caring for you.

Useful tips

- Dress sitting down – avoid low armless chairs. If possible, use a firm chair of moderate height with arms.
- Dress your **operated limb first** and undress it last.
- You may find it uncomfortable to bend forwards to pull up undergarments/trousers or to put on shoes or socks – long-handled aids such as a reacher, sock aid, or shoe horn can be used instead (see below)

Using a 'helping hand' (or 'reacher')

This tool enables you to put on/take off garments over your feet without bending forward. This useful aid can also be used to independently pick up objects from the floor. **To put on/take off undergarments while seated:**



Grip one side of your garment with the helping hand (operated side).



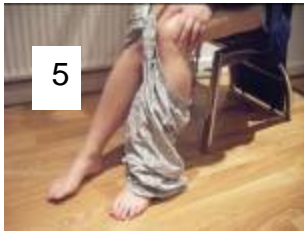
Lower the garment down to your feet and place your operated leg's foot in – take care not to lift your knee too much.



Bring the garment up to your knee at one side and hold it with your free hand.



Grip the opposite side of the garment with the helping hand.



Position the garment so that you can easily dress the other leg.



Bring the garment up to your knee.



You should now be able to stand and pull up your garment.

Using a sock aid

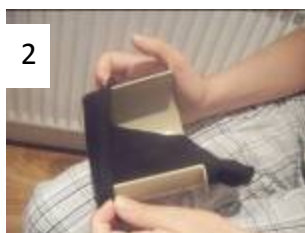
This enables you to independently put on socks while seated. There are two main types of sock aid available, both are shown below.

How to use the first type of sock aid:



1. Gather up your sock and place over the top of the sock aid.
2. Ensure that the sock is secure and positioned around the curves on the aid.
3. Lower the sock aid down to floor using the white laces.
4. Place your foot on the plastic sheets and move the foot as far into the sock aid as possible.
5. Gently tug on the white laces in turn until the sock moves with the aid.
6. The aid will then pull your sock up your leg.

How to use second type of sock aid:



1. Begin with the aid in front of you as shown. Hold the sock with the heel facing into the curve of the aid.
2. Stretch the top of the sock over the aid.
3. Pull the sock down until the heel of the sock is completely outside of the collar.
4. Be sure that the top of the sock does not go past the top of aid.
5. Lower the aid down to your foot, position your foot in the sock and tug gently on the handle of the aid.
6. The aid will then pull the sock up your leg.

The handle of this aid can be used as a long-handled shoe horn (see below). It can also be used to get socks off by using the slot in the handle. Shoe horns and helping hands are also useful for helping you remove your socks.

To put on/take off tights, the sock aids can be used in a similar way. Occasionally a tights aid is available on the ward – please ask your occupational therapist.

Using a long-handled shoe horn

This enables you to independently put on or take off your shoes. It is best used with slip on shoes with elastic or Velcro fastenings. Try to avoid wearing shoes with laces after your surgery.



If you have any difficulty with any of the above techniques, please do not hesitate to ask for assistance and further demonstration from your occupational therapist on the ward.

What do I need to do after I go home?

Your occupational therapist will advise you if you need any equipment/aids and/or assistance at home.

Contact us

If you have any questions or concerns about getting dressed, please contact the occupational therapy department on **020 7188 4180** (Monday to Friday, 8.30am to 4.30pm).

Further information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Leaflet number: 3364/VER2

Date published: January 2014

Review date: January 2017

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