

## Occupational therapy department

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# Taking precautions following your hip surgery

After hip surgery, you will be given an individual care plan to follow by your surgeon. Your surgeon will recommend that you follow the plan for a set period of time after your operation.

Your surgeon has also recommended that you follow the precautions below for a period of time after your surgery. After this time, you still need to be careful and avoid the extremes of movement illustrated below for about three months, but you do not have to follow the precautions as strictly.

**It is very important that you follow this advice. If you move your leg beyond the limits of motion described in these guidelines there is a possibility that your new hip joint may dislocate. This could be very painful and may require further surgery.**

### 1. Do not bend your hip more than 90 degrees

When you are sitting on a chair, toilet or bed, your knees should not be higher than your hips. You should also avoid reaching down and touching the floor to pick something up, to tie your shoes, or put on your shoes or socks.

You can ask a family member to help you with these activities, or the occupational therapist can provide you with long-handled aids and show you how to use these safely when washing/dressing your lower limbs.



## 2. Do not cross your legs or ankles when lying, sitting or standing

Do not cross your legs or ankles while sitting down in a chair, as shown in the picture below.

To avoid crossing your legs or ankles while you are asleep, try to lie on your back. If you prefer to lie on your side put a pillow between your thighs.



## 3. Do not twist on your operated leg

Avoid turning around using your hips, as shown in the picture below. When you need to turn around, move your whole body. This means you should always try and keep your toes pointing the same way as your hip bone.



## The role of your therapy team when you have hip precautions

- Your physiotherapist and occupational therapist will go through the movements that you should avoid e.g. when walking, getting up from your chair/the toilet/the bed, washing and dressing and other daily activities.
- Your furniture at home needs to be high enough to make sure that you avoid bending your hip more than 90 degrees. It would be helpful if you could ask your family member or a friend to complete a furniture heights form (please ask your therapist for one if you have not been given one already). This helps us to plan for when you go home, so we can make recommendations and provide the necessary equipment.

## Contact us

If you have any questions or concerns about this information, please speak to your occupational therapist or physiotherapist.

Your therapist's name: \_\_\_\_\_

Your therapist's number: \_\_\_\_\_

## 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

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

## Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

## 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](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 e: [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)

w: [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)