BEFORE **Surgery**

**Hip Replacement Surgery**

Your hip is referred to as a ball and socket joint with rotation and gliding movements. The socket that sits inside your pelvis and the top of the long bone (femur) make up the hip joint. A covering on the moving parts of the joint, called articular cartilage, reduces friction as the surfaces of the joint roll, rotate and glide. The joint is lubricated by synovial fluid. Age, injury and disease may affect the joint. The surfaces of the joint then become rough and irregular as the cartilage is worn away, making movement stiff and painful.

The replacement part for your hip is called a prosthesis. It has smooth surfaces that allow your hip to move easily again. The prosthesis is made up of three parts made with a special metal:

- A femoral part that fits inside the long bone (femur)
- A ball component that fits on the femur
- A socket (acetabular) component that fits in the socket of the pelvis that has a high-density plastic (polyethylene) liner.

Your surgeon will use special instruments to reshape the top of your femur and socket so that the femoral and acetabular (ball and socket) parts of your prosthesis will fit correctly. If you are having a revision hip replacement, the parts for your hip may be slightly different and your surgeon will explain those differences.

*Medical Illustrations by Roy Schneider*
Checklist: What to bring to the hospital

☐ This handbook
Please bring this handbook with you to the hospital. This will enable the hospital staff to review the material with you and will give you a place to keep additional material you may receive in the hospital.

☐ Shoes
A pair of supportive rubber-soled shoes (athletic or tennis shoes) are preferred. These rubber-soled shoes may be slip-on, Velcro® or lace-up. Please do not bring leather or smooth-soled shoes because they have a tendency to be very slippery and can cause falls.

☐ Socks/knee-high hose
One pair is sufficient as you will be wearing support hose.

☐ Clothing
We would like you to wear regular clothing the first post-operative day. Clothing should be loose fitting and casual with no elastic cuffs. Shorts, baggy sweat pants, jogging suits, and capri or cropped pants are acceptable. This type of attire will help you begin physical therapy and resume your normal daily activities.

☐ Pajamas
After your intravenous (IV) infusion line and catheter are removed, you may wear your own pajamas during the night. This usually occurs on the first post-operative day. Knee-length gowns or pajamas are necessary because long gowns become easily twisted and caught in walkers and crutches. You may also continue to wear a hospital gown if desired at night.

☐ Robe
You are able to bring a robe if you would like. Your robe should have buttons or snaps, be easy to get on and off and be no longer than knee length. Long robes can easily become twisted and can cause falls.

☐ Toiletry/personal items
You may bring a toothbrush, toothpaste, razor, shampoo, and other toiletry items. If you use dentures, contacts, glasses, and/or hearing aids, please bring a case with you and keep them in a safe place when not in use. Do not lay them in your bed or wrap them in tissues.

☐ Assistive and adaptive equipment
Please bring the items that your physical therapist or nurses have instructed you to bring, which may include a walker, crutches or other related items. Make sure that your name is clearly visible on these pieces.

☐ CPAP/BiPAP
If you use a CPAP or BiPAP machine for sleep apnea, please bring it with you. Sterile water will be provided.

DO NOT BRING

Slippers
They do not provide enough support. The nursing staff will assist you to put your shoes on when you get up.

Personal items, valuables, jewelry
If you happen to bring these items, please send them home with your family members. The hospital cannot be responsible for lost or broken personal belongings.
Checklist: Things to do BEFORE you go to the hospital

☐ Make arrangements to have someone stay with you until you are comfortable being on your own. Initially you will need help with bathing, dressing, meals, and medications.

☐ Have enough food on hand or arrange for someone to go shopping for you.

☐ Do the laundry and change the linens before leaving for the hospital.

☐ Have easy access to a bed and bathroom on the floor level that you will be spending most of your time. Choose a bathroom with a door wide enough to accommodate a walker. There should be enough room for commode rails or an elevated seat.

☐ Install a handrail, if possible, for any steps that you may be using routinely.

☐ Purchase or borrow items that may assist you in the bathroom:
  • Water-proof stool or seat for use in the tub or shower
  • Hand-held shower nozzle
  • Grab bars that attach to the side of the tub
  • Toilet seat riser

  Please check with your insurance company to verify whether they will cover these items.

☐ If you have a walker, bring it with you.
  • If you have a walker at home, please bring it to the hospital and the physical therapist will adjust it, as needed, and check that it is safe.
  • Please put your name on the walker.
  • If you do not already have a walker, discharge planning personnel will assist with obtaining a walker or other walking aide as needed prior to your discharge from the hospital.

☐ Remove any obstacles that might cause you to trip including throw rugs, extension cords, low-hanging bedspreads, and pet toys.

☐ Make arrangements for walking your pets, mowing the lawn, snow removal, and bringing in the mail or newspaper.

☐ Have at least two ice bags, ice packs or a bag of frozen peas to apply to your surgical joint.

☐ Take care of any financial matters such as paying bills and having cash on hand.

☐ Arrange your plates, pans and kitchen utensils within easy reach, without having to bend or use a step stool. Plan how you will transport your food to the table using the walker (slide on counter, push a cart on wheels or walker basket.)

☐ Have a phone within easy reach with emergency numbers handy.

☐ Have a comfortable and firm chair or couch with arms to help you when rising.

☐ Schedule any routine procedures or visits, such as the eye doctor or dentist, before the surgery.

☐ Fill your car’s tank with gas before your surgery.

☐ Safe driveways During winter months, have salt or other products available to melt any ice on your walkways.

☐ Schedule your post-operative physical therapy appointment.
Physical Therapy and Exercises

The day after surgery, you will start your physical therapy. Therapy will be done twice a day until you leave the hospital and will include muscle-strengthening exercises and walking with a walker or crutches. The therapist will also work with you on walking up and down steps if needed. Crutches may be used if you feel comfortable and safe to use them. Therapy prepares you for going home, so you should be dressed in street clothes as if you were at home. A list of clothing to bring to the hospital is included in this handbook in the section Before Surgery: What to bring to the hospital.

Pre- and Post-Total Hip Replacement Exercises

The following exercises are important to improve circulation and muscle tone in your legs. Do these exercises every one to two hours following surgery. Prior to surgery, do the exercises one to two times a day.

- **Ankle Pumps**
  - Ten times
  - Point foot away from you then toward you

- **Foot Circles**
  - Ten times
  - Circle your foot clockwise/ counterclockwise

- **Quadriceps Sets**
  - Ten times
  - Tighten muscle on the front of your thigh and hold it tight for a count of five. You should feel your knee cap (patella) slide forward.

- **Hamstring Set**
  - Ten times
  - Bend knee slightly. Push the heel into bed and hold muscle tight for a count of five. You should feel the back of your thigh tighten.

- **Gluteal Sets** – Ten times
  - Tighten buttock muscles and hold for a count of five.

- **Deep Breathing** – Five times
  - Breathe deeply by inhaling through your nose (abdomen should rise). Then exhale out through your mouth.
**Total Hip Replacement Strengthening Exercises**

Do the exercises as marked by your therapist. These exercises will help you gain strength after surgery.

- **Heel Slides**
  While lying on back, slide heel toward buttock – hold five to seven counts.
  Straighten leg and push back of knee toward bed.

- **Hip Abduction**
  (Windshield Wiper)
  Slide leg out to side, keeping knee straight. Do not roll leg inward or outward. Slide leg in toward opposite leg. Do not let leg cross past midline.

- **Marching in Place**
  Stand. Hold onto counter top/table. Lifting knee toward chest, bend hip to 90 degrees only.

- **Hamstring Stretch**
  Sit with knee straight and towel looped around foot. Gently pull on towel until stretch is felt in calf.

- **Short ARC Quads**
  Place rolled pillow/blanket under knee.
  Bend and straighten leg.

- **Long Arc Quads**
  Sit on a sturdy surface high enough that your feet don’t touch the floor. Straighten your knee as far as possible. Return to starting position and relax.

**Additional Recommendations:**

______________________________
______________________________
______________________________
______________________________
______________________________
Guidelines for Going Home

1. Use your walker or crutches until you see your surgeon in his or her office. This appointment is usually between 10 and 14 days after you leave the hospital. These are used to provide support and safety while your hip is becoming stronger. When you walk, you should put as much weight on the leg as possible as this helps to strengthen your muscles and allows you to walk normally. To make your home safe, please check the following:
   - Remove throw rugs as they can become caught in your walker or crutches causing you to fall
   - Secure all loose carpeting
   - Move furniture so that you walk easily between and around it

2. If you do not have a walker or crutches, we will assist you in getting them. For your convenience and/or comfort, you may want to buy or borrow the following:
   - Water-proof stool or seat for use in the tub or shower
   - Hand-held shower nozzle
   - Grab bars that attach to the side of the tub
   - Toilet seat riser

   These items can be found at The Pharmacy Counter or any store that sells medical supplies. If you have any questions or need advice about home medical equipment, please call The Pharmacy Counter at 419-474-7140. These are usually not covered by insurance.

3. Adaptive equipment can be used to make your self-care easier. These may include a reacher, dressing stick, long shoe horn, elastic shoe laces, sock aid, and a long bath sponge. A leg lifter may also be helpful to get your leg in and out of bed independently. These items are also available at The Pharmacy Counter.

4. Continue your exercises twice a day as instructed by your physical therapist. You will receive an individualized instruction sheet prior to discharge.

5. Do not sit for long periods of time as you may get stiff. If you sit for an hour, get up and move around. You may walk outside with your walker or crutches if the weather is nice. Remember to pace yourself and to walk short distances to start, and gradually increase so you do not become too tired.

6. Expect some swelling. Do not stand for long periods of time. When sitting, elevate your leg above the level of your heart with pillows. Do not put a pillow underneath your knee as this can interfere with blood circulation.

7. Put ice on your hip after doing your exercises and anytime you have swelling or pain. Put the ice in a pillowcase so that it does not sit on your skin as it could cause a burn. Frozen bags of peas or corn can also be used, but place them in a pillowcase before putting on your hip.

8. Sitting on a firm-cushioned chair with arms will make it easier to stand up and sit down. A recliner chair is good because you can elevate your leg while sitting. Do not use rocking chairs or chairs with castors as they may move, making it difficult to sit down and get back up. A chair can be made firmer by putting a board or folded blankets under the seat cushion or adding a cushion to the seat of the chair. Cushions can be from another chair including patio furniture or purchase a 4˝ high-density foam cushion from a fabric store.

9. You may take a shower if permitted by your surgeon. There should be a non-skid surface on the bottom of the shower to avoid slipping and you should have someone around in case you need help. If no help is available, take a sponge bath. Sitting in water increases the risk of infection. Please do not take a bath, use a hot tub or go swimming until your incision is well healed and your surgeon has approved it.
10 Do not drive a car until your surgeons gives the OK to do so. If you are taking pain medication, you may become drowsy and your reflexes are not as quick, so do not drive. Many insurance companies do not like you to drive until your surgeon has given permission.

11 You may take short rides in the car with someone else driving. If the trip is going to take more than an hour, stop and walk around for ten to fifteen minutes to stretch your legs and get your circulation moving. You can also wiggle your feet and do your ankle-pump exercises while sitting in the car. This helps circulation. Do not take long trips by car or plane until your surgeon has given permission. Sitting in one position and not moving around for long periods of time does not allow for good circulation and puts you at risk for phlebitis or a blood clot.

12 Your surgeon may have you continue to wear your elastic support hose. Wear them on both legs during the day until you see your surgeon. Take them off at night before you go to bed.

13 When showering, use one washcloth just for your hip incision area. Pat the area with soap and water. Put the washcloth in the laundry when done. Then pat the area dry with a separate cloth. Put that cloth in the laundry when done. Do not use a wash cloth or towel from other body parts to wash or dry the incision area.

Do not put lotion on the incision until your staples or clips have been removed and it is well healed. The skin around your incision is sensitive, so protect it from the sun and keep it covered when outside.

14 Normal sexual activity may be resumed after you return home.

15 Do not do high-impact activities or activities where there is a lot of pounding on the hip like running, jogging, jumping, and racquetball, as it is hard on your new hip and may cause damage. You may do low-impact activities like walking, riding a bike, swimming, golfing, and bowling.

16 Please remember that after your surgery, you should always tell your medical professionals that you have had a hip replacement surgery. This includes each time you have your teeth cleaned, have any other dental work, or have another surgery or a urological procedure. Prior to any of these procedures, it is important that you receive antibiotics to avoid bacteria or possible infection affecting your hip replacement.

17 If you have a pet, please have someone assist you by holding back or confining your pet to one area when you arrive home until you are comfortable walking with your crutches and/or walker.

We want to make your hip replacement a success. We encourage you to ask questions and make suggestions. They may help other patients and families in the future. Our goal is to provide you with the best care possible while you are here.