

Preparing for a total hip replacement operation

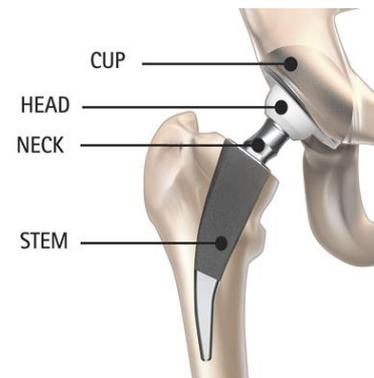
Patient Information and Guidance from the Occupational Therapy Department



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Occupational therapy following a total hip replacement

Occupational Therapy (OT) will help you to adapt your home environment to take into account the temporary changes needed following your operation. This is to promote safety and success following your total hip replacement. The OT team will provide you with opportunities to practice all your everyday activities including personal care, getting on/off a chair, bed, and toilet and kitchen activities before you are discharged from hospital.



We will assess for and provide appropriate pieces of equipment and demonstrate these to you to enable you to carry out your daily tasks. This will include dressing aids, toilet equipment and may involve heightening your chair and/or bed to ensure that you are following hip precautions.

Admission

The OT team will see you on the ward and check that all the equipment that was prescribed to you at the pre-assessment clinic is in place at home.

The OT team will also demonstrate to you how to dress yourself using the dressing aids. They will make sure that you can use the correct technique to get



on/off the bed, chair and toilet. This will confirm that you can use the equipment set up at your home. The OT staff will also demonstrate to you how to manage kitchen activities and check if any further equipment or support is required.

Hip precautions

Following a total hip replacement you will need to follow this advice for the next 12 weeks to prevent dislocation, allow for proper healing and help protect your new hip.

Follow these precautions until directed otherwise by your consultant.





1. Do not bend your hip beyond 90 degree angle



2. Do not cross your legs or ankles.



3. Do not twist your operated leg inward.

Tips and advice

In order to prepare for your operation, you may find the following tips and advice useful:

1. Pack comfortable day clothes and full slippers with backs for your hospital stay.
2. Bring your dressing aids (long handed shoe horn, sock aids and easy reacher) into hospital with you.
3. Plan your shopping/laundry/cleaning needs for when you get home. For example, stock your freezer up with ready meals / prepared meals or arrange for family / friends to help.
4. Move items in the home to places that are easier to reach.
5. Remove rugs/loose fitting carpets to prevent trips.

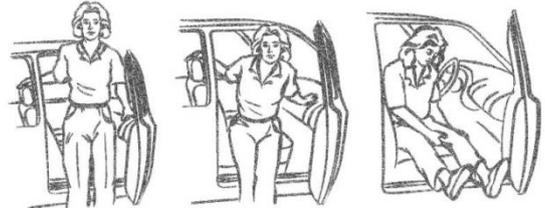
When at home and recovering:

1. When walking with crutches slide objects along work surfaces rather than carrying them in the kitchen.
2. Take rest periods regularly

3. Avoid sitting/standing for long periods
4. Change position regularly
5. Do not sit on low surfaces

Getting in and out of a car

1. Move the passenger seat as far back as possible and recline the seat slightly.
2. Reverse yourself backwards to the car seat.



3. Put your operated leg out in front of you and lower yourself onto the seat.
4. Push yourself backwards and pivot on your bottom to slide your legs into the car, avoiding excessive bending of your operated leg.
5. Reverse this method for getting out of the car.

Work:

Returning to work will be dependent on the nature of your job and we advise you to seek your consultant's advice on this matter.

Sexual activity:

Please speak to any member of the multidisciplinary team.

Discharge plans

We start planning your discharge from hospital the first time we meet you. The OT team will ensure that you are confident that you can manage all your daily activities before you go home.

Following all assessments extra support can be organised for you if this is required.

If you have any concerns about how you will manage, please discuss them as early as possible with any staff member on the ward.

If you have any questions please ask your Occupational Therapist or contact the Occupational Therapy departments –

West Cumberland Hospital Tel: 01946 523626

Cumberland Infirmary, Carlisle: 01228 814445

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We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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ID: CS126

Version: 2

Issue date: January 2018

Review date: January 2020

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