

Recommendations for behaviour by patients with an artificial hip joint

- In the future, exercise caution in the case of any purulent infections. In such cases, contact your orthopaedist without delay, who will prescribe you with an antibiotic covering. This also applies for scheduled operations in the field of dental or oral surgery.
- You have received an **endoprosthesis passport** ; always keep this with you. It may be important for further operations or safety checks. You also have the option to have your medical implants/prostheses recorded in your passport.

Assistance for daily life

Movement in the hip joint may be restricted after discharge, making some everyday tasks more difficult.

The following medical aids may enable you to carry out these activities again or make them easier for you:

- raised toilet seats, handles on the wall, slip protection in the bathtub and shower, bath board, long back brush
- Devices for putting on and taking off socks, stockings and, in particular, surgical stockings
- Shoehorn with a long handle, elastic shoelaces

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- Grabber, for picking up objects which have fallen on the floor Contact the occupational therapist/physiotherapist who is supporting and advising you about these matters and practise the correct use of these medical aids with them. Routine check-ups will be arranged with your orthopaedist; these are useful for examining the joint, documenting the healing process and providing you with information about how to cope with using the joint at this time.

In the case of fever, intensifying pain, breathlessness, loss of feeling (sensation of cold or numbness, bluing or whitening of the foot and/or leg), paralysis, swelling, secretion and redness at the wound site, you should inform and visit your orthopaedist or our outpatient clinic without delay. We hope to have answered all your potential questions with this information and wish you a speedy recovery.

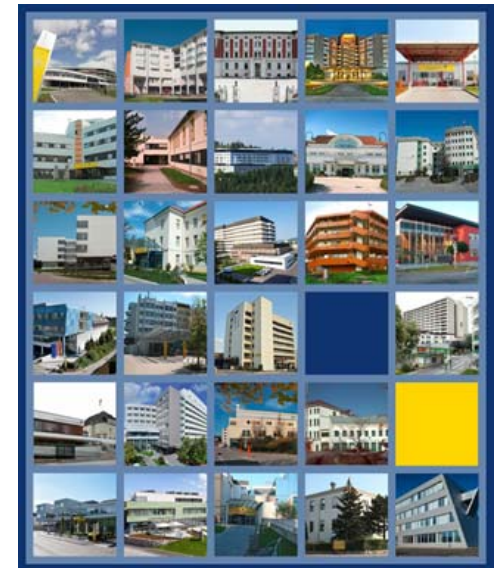
Your treatment team

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Orthopaedics Discharge information



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**LANDES
GESUNDHEITS
AGENTUR**

Gesund und gepflegt. Ein Leben lang.

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

During surgery, the diseased/injured hip was replaced with an artificial joint. To ensure long-term success, please be sure to follow these guidelines.

Particularly in the first six weeks after surgery, you should:

- not turn the leg outwards against resistance.
- not sit or lay with your legs crossed.
- not bend the hip at an angle greater than 90 degrees (a right angle). For example, you should avoid soft, low seating (including sitting on a normal-height toilet seat), bending down and squatting.
- be aware of things which may lead to falls (rugs, pets, etc.).

- Lifting and carrying heavy loads (max. 5 kg) should be avoided over the next three months. If you have to carry something, then do so in principle on the affected side.
- You have learnt to walk using two forearm crutches in order to take the strain off the affected leg. Your orthopaedist will inform you how long you should use the crutches for and the level of exertion at discharge.
- Further strengthen your hip muscles with regular physiotherapy exercises. In principle, avoid extreme and jerky movements.
- After consultation with your orthopaedist, wear compression stockings (class II) after surgery and throughout your stay in hospital.
- Please attach particular importance to adhering exactly to the thrombosis prophylaxis (blood thinning treatment) prescribed to you.
- If you have made an application to stay at a rehabilitation centre, you will be informed of your arrival date by your health insurance company.

Important general information

- Pay attention to your **body weight** and stay physically active.
- **Go for walks** every day of increasing duration; be sure to wear suitable footwear (good support and non-slip soles). Walking sticks are recommended on uneven ground.
- **Sporting activities** are once again possible with your artificial joint. Once approved by your orthopaedist, begin by training your muscles in a sport which is familiar to you. As a general rule, you should avoid exceeding your pain threshold.
- You should be able to start **driving a car** again once you are able to walk without crutches. Even as a passenger, you should sit down slowly when getting into the car and then lift both legs in together. A seat cushion is recommended when in a lower seated position.
- **Saunas, artificial sun tanning** and exposure to direct sunlight should be avoided for two months after surgery; the scar should be covered in a high-factor sun cream (at least SPF 20) for six months.