

Hip Dislocation Precautions

After Your Total Hip Surgery...

Once home, follow the instructions given in the hospital. Continue these until your surgeon says to stop.

Certain positions may add stress to the hip and could slow your healing. Some positions could also cause your new hip to come out of the socket (dislocate).

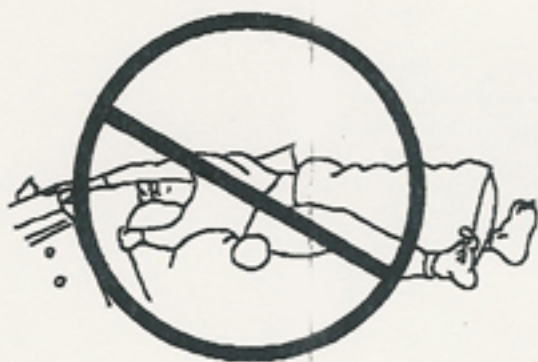
To Avoid Dislocating Your New Hip...

1. *Do not bend your hip more than a right angle (90°).*



- Chair height should be at least 2 inches above the crease behind your knee when standing. **Do not** sit on a low toilet seat, chair, stool, bed or soft sofa/furniture.
- **Do not** bend forward at the hip while sitting.
- **Do not** reach below your knees with your hands while seated, including when you dress or bathe (see Activities of Daily Living section).
- **Do not** use a stool to elevate your foot while putting on shoes and socks.

2. Do not turn your leg too far in. Keep your foot and knee pointing straight forward.



- **Do not twist your body when standing, sitting or lying down.**
- **Do not reach around the outside of your leg toward the floor. Do not reach behind you because this causes twisting at the hip joint.**

3. Do not cross your legs or ankles.

- **Keep your legs at least 6 inches apart at the knees when sitting or lying down.**
- **Do sleep with a pillow or a foam wedge between your legs, until your surgeon says to stop.**

