

# Total Hip Replacement

Your doctor has recommended that you have a total hip replacement operation. Your expected stay in hospital following this operation is two to three days. However, this will be based on your individual recovery.

A total hip replacement is an operation that replaces a hip joint that has been damaged, usually by arthritis. This operation will help:

- Decrease pain and stiffness
- Improve your ability to move around.

It will not make your hip feel normal again.

## Before your operation

There are some things you can do to maintain and improve your health before your operation:

- A healthy diet is important to help your body prepare for surgery. If you are overweight or obese you are putting more strain on your joints which will make your recovery more difficult. Being overweight may speed up the progression of arthritis in your joints. A healthy diet and exercise can help decrease your weight.
- While waiting for your surgery it is important to look after your skin. The presence of any skin infection, rash, cut, bite or ulceration will cause your surgery to be postponed.
- It is also important to maintain a healthy bladder and bowel; drink 2 to 3 litres of water a day and have fibre in your diet to ensure soft, regular bowel movements.
- Walking regularly will help prepare your heart, lungs and muscles for your surgery. Start small and build up. You should walk at a pace that allows you to talk normally.

- Swimming is another great exercise, especially if you find walking difficult. Walking in waist deep water may be easier for you, as the water supports your weight. Again, start small and build up.
- You may experience muscle soreness and feel tired when you first start exercising. This is normal. Do not stop; just do less the next day. Build up by doing a little more each day.
- If you smoke cigarettes it is best to stop or decrease the amount you smoke before your surgery. Smoking negatively affects the healing process and may delay your recovery.
- If you drink alcohol consume no more than two standard drinks per day. A standard drink is equivalent to 285mL of full-strength beer, 1 nip of spirits or 100mL of wine.

### You need to notify us if you have any of the following:

- Cough or cold
- Flu or other infectious disease
- Any recent medical or surgical event
- Any other planned surgery or medical procedure
- Cuts, scratches, ulcers, open wounds, rashes, bites or pimples
- If you are taking any antibiotics or blood thinning medication e.g. warfarin, plavix, anti-inflammatory medication, cod liver oil/ fish oil, glucosamine, prednisone.

## Preparing your home

Preparing your home before your operation will make things much easier when you return. The occupational therapist will discuss this with you at the pre-admission clinic before your surgery.

Here are some things you can do now to make it easier and safer for you at home.

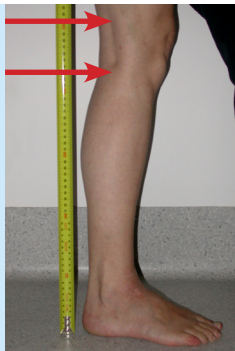
## General

- Remove any clutter or furniture that blocks doorways and walkways
- Remove rugs and mats which may cause you to trip
- Move any telephone or electrical cords from doorways and walkways
- Repair any loose carpet or flooring which may cause you to trip.

## Chairs and beds

- Chairs and beds need to be firm and not too low. As a general rule your bed and chairs should be the height of the crease at the back of your knee
- Chairs need to have armrests
- Avoid chairs that rock, recline or swivel.

**Chairs and beds MUST be 5cm higher than the knee crease when you're sitting on them.**



**Your hip should remain higher than your knee when seated.**



- Non-slip mats on the floor and in the shower/bath will provide extra grip
- You may need a chair to sit on in the shower when you go home, it is best to hire or borrow a shower chair which is specially made for this purpose. The occupational therapist can provide you with more information about this in pre-admission clinic.
- You may also find an over-toilet frame helpful to get on and off the toilet.

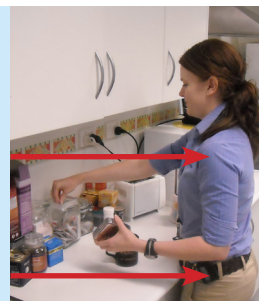
**An over-toilet frame makes it easier to get on and off the toilet.**



## Kitchen

- Place your most-used dishes and food in an area that you don't need to bend down or reach for
- It is best to keep these items between waist and shoulder height
- It may be beneficial to prepare some meals in advance and freeze them so you will have less meal preparation time when you return home.

**Place items on benches between shoulder and waist height.**



## Bathroom and toilet

- Clear as much space as possible around the toilet and the shower or bath.
- Remove magazines, loose mats, laundry baskets and any unnecessary furniture from the area. This will allow you to move around as safely as possible.

## Preparations for getting home

After your operation you will need to arrange with a friend or relative to take you home. In some situations, transport may be provided by an ambulance or patient transport van. However, if you are using a walking frame you will need to arrange for someone to take this home for you.

**Bookings office - 4433 2800**

**Pre-Admission clinic - 4433 2771**

**Physiotherapy - 4433 2370**

**Occupational therapy - 4433 2370**

**Dietician - 4433 2370**

**Orthopaedic Care Coordinator - 4433 3272**



This patient information brochure supports National Safety and Quality Health Service Standard 2 - Partnering with Consumers



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