



Training after discharge in patients with hip replacement

While wishing you good health and complete recovery, please pay attention to the following points regarding the necessary care at home.

1. Please pay attention to your doctor's recommendations in all daily activities such as walking, sitting and standing. Because any kind of incorrect action may cause you to fall, loosen or break the artificial joint. After the operation, the patient must walk. He should use a walker or a cane under his arm at all times for walking and standing. Of course, the amount of weight that can be tolerated on the operated limb will be recommended by the doctor and physiotherapist.
2. In relation to sitting, pay attention not to sit continuously for more than 30 to 40 minutes, get up and walk. Use a chair with a suitable height to sit. That is, your knee should not be higher than the level of the hip joint. It should be avoided separately. While sitting and in a sitting position, the patient should never lean forward or try to pick up objects from the floor. The chair must have handles so that you can stand easily by pressing the handles and healthy leg when getting up. Take the walker.
3. It is better for the patient not to sleep on the side of the operated limb between 6 and 12 weeks after the operation, if he turns sideways on the healthy limb, he must use a firm and light pillow with the appropriate diameter between the legs. when lying on the back, the limbs should be far apart and a pillow should be placed between the legs.
4. Driving is possible 6 to 8 weeks after the operation and with the doctor's approval.
5. Marital relations are possible 6 weeks after the operation and with the doctor's approval.
6. The patient should have normal nutrition at home. In special cases, the attending physician will give the necessary instructions to the patient. Because after the operation, due to the consumption of painkillers and lack of movement, the possibility of constipation is common in patients. Consuming plenty of fluids and consuming fresh fruits that They have a laxative effect, it is recommended.

7. Be careful of your weight gain during recovery. Because weight gain reduces the lifespan of the joint.

8. It usually takes 2 weeks to heal a surgical wound, and during this time, the operation area should be bandaged. The dryness of the dressing is very important. For this reason, in order to prevent water from entering during bathing, waterproof dressings should be used and after bathing, the area around the wound should be completely dry, and if the dressing gets wet, the dressing should be changed again. do it

9. If you see symptoms such as: 1- Redness and warmth of the operation site 2- Discharge from the operation site 3- Fever above 37.8 degrees, go to the emergency room of the hospital immediately.