

Recovery after HIP replacement – Mr Rao's patients

1. Full weight bearing is allowed after surgery FOR CEMENTED HIPS and PARTIAL WT BEARING FOR UNCEMENTED HIPS for the first 2/3 weeks. Crutches are used for about 3-6 weeks.
2. Remove all dressing and apply new dressings after 48 hours on the ward with full sterile precautions (water proof dressings will be given to you at discharge to change the dressing, if necessary)
3. All normal activity is encouraged but do not sit on low chairs / settee and avoid squatting or running from now on.
4. When home ONLY SHOWERS, NO BATHS, NO SOAKS till the wound has healed. NO SWIMMING till the wounds have healed. If the dressing is soaked please change it promptly.
5. Please follow the exercise sheet given at discharge
6. Post surgery, an appointment will be made for you to see Mr Rao about 2/3 weeks after surgery (private patients).
7. There are NO sutures to be removed.
8. A full explanation of the findings is done after the operation but as you may not remember the details hence a full explanation will be given to you at the follow up consultation
9. Light gym activity can start at 3 weeks with generally return to full activity at 6 weeks specially swimming.
10. Physiotherapy and other rehab measures are mandatory.
11. It usually takes about 6-12 weeks for the effects of the operation to fade even though you are mobile very quickly. Some clicking, swelling of the hip/knee is common but settles over a few months. Pain and numbness near the incision (cut of the operation) also settles gradually.
12. Driving is possible as soon as you can handle the car safely, usually 5/6 weeks after surgery. Return to work depends on the work done. Generally office based work may need 5/6 weeks and if manual work is involved it can take longer.
13. It is common to get a feeling of tightness around the hip, warmth, swelling and discomfort at night for several months and it may take 6 – 12 months for all these symptoms to settle fully. Most problems usually resolve with time but keeping active and using your replaced hip despite some discomfort is very important. Walking and swimming is recommended.