

## **Post total hip replacement** Commonly asked questions by patients



*Orthopaedic Surgery*

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments to our staff and make improvements where necessary. Tell us what you think at [feedback@rothgen.nhs.uk](mailto:feedback@rothgen.nhs.uk)

#### Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

#### Slovensky

#### Kurdish Sorani

كوردی سۆزانی  
نەگەر تۆ یان كەسێك كه تۆ دەیناسی پێویستی بەبارمانی هەبێت بۆ نەوهی لەم بەنگەنامە بە تێبگات یان بیخوێنتەوه، تەگایە پەڕوونیمان پێوه بکە لەسەر ناو ژمارەیهی سەر وەدا یان بەو نێمەیلە.

#### Arabic

عربي  
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

#### Urdu

اُردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

#### Farsi

فارسى  
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email [patientinformation@rothgen.nhs.uk](mailto:patientinformation@rothgen.nhs.uk)

**Please note these are guidelines. Your Consultant may have a particular protocol they follow so seek further clarification from them if in doubt.**

**When should you have a follow up and should you have a check X-ray?**

You normally have an X-ray on the ward before you are discharged home. Another X-ray is done when you go back for your follow-up appointment with the Consultant. X-rays may then be performed at 6 weeks (this is dependent upon the Consultant), 3 months, 12 months and at 5 years with the Arthroplasty Nurse.

**When can I take my stockings off?**

Usually 6 weeks after your operation. Sometimes they can be removed earlier if they are ill-fitting or if your mobility has nearly returned to normal.

**How long can I expect to get pain in my groin?**

This can last for a few months after your operation.

**How long should it take for the swelling to settle?**

This can take anything from up to 6 months to a year to resolve.

## Post total hip replacement

### **When will I be able to lie on the operated side?**

The wound has normally healed 2 weeks after your operation. You can usually start to sleep on the operated side after 6 weeks.

### **Is it normal to have post operative aching/ soreness and how long should this last for?**

This can usually last for several months.

### **How long should I follow precautions for?**

The precautions should normally be followed for up to 3 months, however this is dependent upon your Consultants' preference, and should always be checked with them.

### **How long can I expect to be limping for after my operation?**

There are many reasons for a limp. This is expected for the first few months after your operation. The majority will have settled after 3 months, some may continue to limp up to 12 months after the operation.

### **I have some post op numbness and pins and needles is this normal and how long should it last for?**

This can take up to 6 months to resolve, however in some cases you may be left with some symptoms. Numbness adjacent to the scar site could be permanent.

### **Should I be shown how to get in/out of the bath and when will I be able to get in the bath normally?**

You will be shown on the ward by the Occupational Therapist how to get in and out of the bath safely whether you have had one or both hips replaced.

### **When should I be expected to no longer need my walking aid?**

This is dependent on several factors including how you walked before your operation and the extent of any damage to your old hip joint. It is better to walk well with a stick than limp without.

### **My legs feel like they are different lengths, is this normal?**

Some patients have a feeling that their legs are different lengths. If you do then let a member of the Therapy Services team and your medical team (Consultant) know.

### **When can you drive?**

You can normally return to driving 8-9 weeks after your operation. Before driving you need to ensure that you are able to safely do an emergency stop.

### **Can I cross my legs?**

This is dependent upon your Consultants' preference and should be checked with them. Some allow patients to cross their legs after 3 months.

## When can you have sex? Should I avoid any positions and for how long?

You can usually do this when you are feeling comfortable. Please see the diagram below for positions that are safe and those to avoid. The lined area indicates the operated leg. Pillows placed under your knees can provide extra support and comfort.



### Positions that are safe following total hip replacement



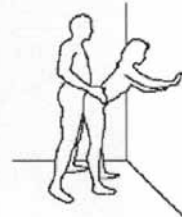
Patient on top  
Partner on the bottom.



Partner on top  
Patient on the bottom.



Patient lying on side  
with operated leg on top.



### Positions to avoid following total hip replacement



## Post total hip replacement

### **When can I return to swimming and do breast stroke again?**

You can return to swimming usually from 3 months after your operations. Breast stroke at this stage is fine to do.

### **When can I play golf again?**

You can usually return to playing golf after 2 months gradually building up your tolerance.

### **When can I return to bowling?**

You can usually return to bowling 3 months after your operation if you feel comfortable doing so.

### **When will I be able to start running/jogging again?**

This is dependent upon the type of new joint you have and needs to be discussed with your consultant.

### **When will I be able to dance again?**

You can return to dancing usually 3 months after your operation if you feel comfortable.

### **Will I ever be able to do a pivot/twist action on that leg?**

You can do this normally 3 months after your operation if you feel comfortable.

**When will it be safe for me to fly and will I need a medical card incase I set the metal detectors off?**

It is best to avoid flying for 3 months after your surgery. The Arthroplasty Nurse will issue you with a 'Joint Replacement Card' that you can use at the airport which will outline your medical status.





## Post total hip replacement

### How to contact us

#### Orthopaedic

#### Pre Assessment Clinic

Telephone 01709 427944

#### Ward B2

Telephone 01709 424317

#### Ward B3

Telephone 01709 424316

#### Switchboard

Telephone 01709 820000

### Useful contact numbers

#### NHS Direct

Telephone 0845 4647

#### Health Info

Telephone 01709 427190

#### Stop Smoking Service

Telephone 01709 422444

#### Patient Services

Telephone 01709 424461

#### A&E

Telephone 01709 424455

#### For GP out of hours, contact your surgery

### Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.direct.gov.uk](http://www.direct.gov.uk)

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

### We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

#### The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

S60 2UD

Telephone 01709 424461

Email [complaints@rothgen.nhs.uk](mailto:complaints@rothgen.nhs.uk)

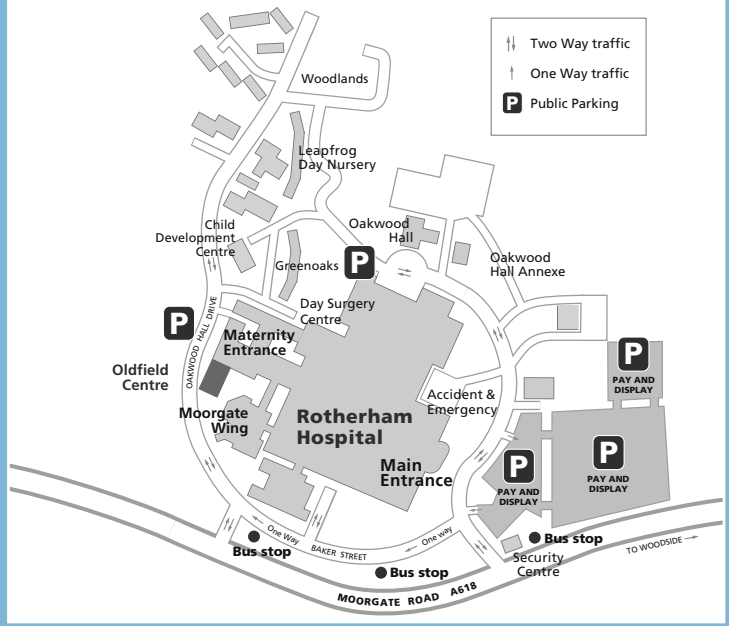
Produced by Marina Okorie-Askwith, Team Leader/Clinical Specialist, Outpatient Therapy Services. Elaine Baxendale, Senior Physiotherapist, Therapy Services. Faye Costello, Team Leader/Clinical Specialist, Orthopaedic Therapy Services. Mr S Blair, Consultant Orthopaedic Surgeon. Mr N Garneti, Consultant Orthopaedic Surgeon, July 2011.

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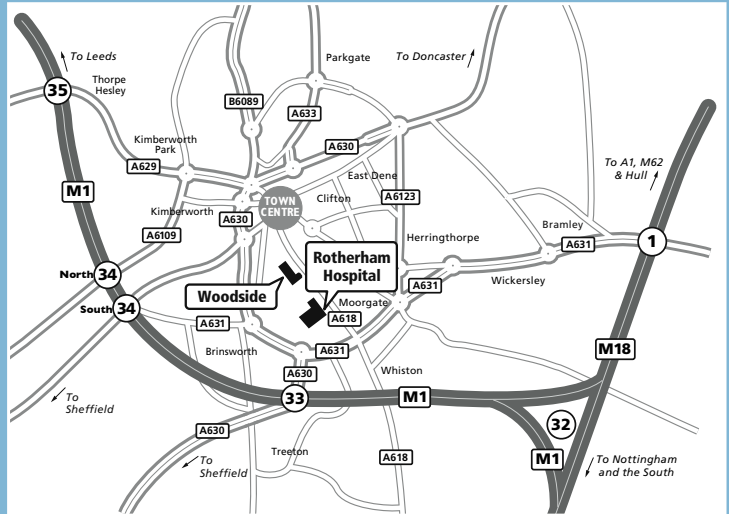
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# How to find us

## Hospital site plan



## Rotherham main routes





LS 659 08/12 V2 WFO



The Rotherham **NHS**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

