

After Hip Dislocation Post-Operative Activity Modifications

David F. Scott, MD

Getting IN/OUT of bathtub for bathing (not soaking) after hip dislocation

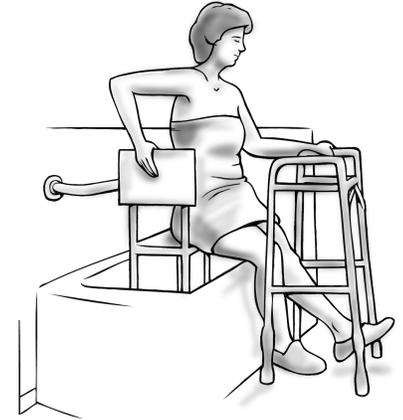
There is no bathing in a bathtub, whirlpool, or hot tub/swimming pool for 6 weeks after surgery. You may shower 48 hours after the skin staples have been removed and there is no drainage from your incision.

Using the walker, walk to the side of the tub. Stop next to the transfer bench and turn so that you are facing away from the tub.

Reach back with one hand for the back of the shower bench. One hand should remain on the walker.

Sit down on the bench; lift your legs over the side of the tub and turn to sit facing the taps.

To transfer out of the tub, turn on the bench while lifting legs over the side of the tub. Pushing off from the chair, stand up outside the tub.



Showering after hip dislocation

Walk to the lip of the shower, and turn so that you are facing away from the shower stall.

Reach back with one hand for the back of the shower bench, leaving your other hand on the walker.

Sit down on the chair (see drawing).

Lift legs over lip of the shower stall and turn to sit facing the taps.

If you feel comfortable, you can stand in the shower. Avoid bending forward to pick up items from the shower floor such as shampoo or soap.

Be careful with standing on slippery surfaces after hip dislocation.



Toilet transfer after hip dislocation

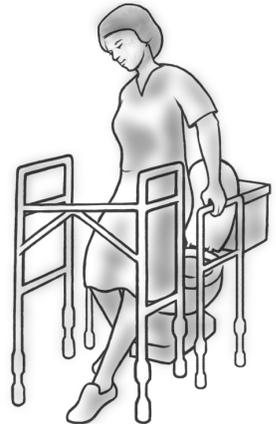
You will need to use a raised toilet seat (or a bedside commode) over your toilet.

Back up to the toilet until you feel the back of your knees touching it. Reach back for the arm rests and slowly lower yourself onto the toilet, keeping your operated leg out in front.

Bend your knee and hip on the non-operated side as you lower yourself onto the seat.

Reverse the procedure for getting up; pushing up from the arm rests.

Gain your balance in standing before reaching for the walker.



Dressing: Pants, slacks, and underwear

Sit on the side of the bed or in an armchair.

When dressing your legs use a dressing stick to hook your pants. Always dress the operative leg first.

Put on underwear and pants first. Using the dressing stick, catch the waist of the underwear or slacks with the hook. Lower the stick to the floor and slip the leg of the slacks over your operated leg first. Then do the same for your non-operated leg. Remember to avoid bending forward at the waist past 90 degrees if you've dislocated your hip after surgery.

Pull the slacks up over your knees. Stand, with the walker in front of you, and pull the slacks up.

When undressing, take the slacks and underwear off your non-operated leg first, reversing the steps above



Dressing: Socks, Stockings & Shoes

Socks and stockings:

In the hospital, you may have been given a sock-aid to help with donning/doffing socks and stockings. If you dislocate your new hip and do not receive one from the hospital, please contact Orthopaedic Specialty Clinic and we will provide one for you.

To use the sock-aid, slide the sock or stocking onto the sock-aid. Make sure the heel is at the back of the plastic and the toe is tight against the end. The top of the sock should not come over the top of the plastic piece.

Holding onto the cords, drop the stocking aid out in front of the operated leg.

Slip your foot into the sock, making sure your toes go all the way to the end of the sock, and pull it on (see drawing).

You may require a reacher or dressing stick to assist with pulling wrinkles out of your sock/stocking. You may place the sock on your non-operative hip in your usual manner.

To take socks or stocking off, use a reacher to hook the back of the heel and push the sock off your foot.

Shoes:

A long handled shoe horn can improve your ability to don/doff your shoes without bending over.

Wear slip-on shoes or use elastic shoelaces so you won't have to bend over to put the shoes on and tie the laces.



Transferring INTO/OUT of car after hip dislocation

Back up to the car with the walker.

Enter the side that allows your operated leg to be supported by the car seat. For example, if your left leg is the operated leg, enter the car on the driver's side.

Keep your operative leg out in front of you and lower yourself slowly on to the seat.

Back onto the seat in a semi-reclining position (leaning backwards).

Rotate yourself so that you are facing the front and attach your seat belt.

Remember, you should not drive until you are off of narcotic medications (6-8 weeks) and have the strength to manipulate the accelerator and brake safely with the right leg.

You may require transportation to and from doctor's visits, grocery shopping, and physical therapy for several weeks after surgery. You should plan accordingly if you need assistance with transportation.



Reaching to the floor

Be cautious at home, after hip dislocation, with bending forwards to reach the floor (violates hip dislocation precautions). Instead, you should reach the floor to pick up dropped items, pet toys or bowls, and shoes with an approved reacher

Again, use a reacher to reach ALL objects on the floor. Do not bend down to pick up objects.

A walker basket is available. It fits on your walker and can be used to carry items.

Remove scatter rugs from the floor and re-arrange furniture, before surgery, to maintain a safe home environment and prevent falls.

