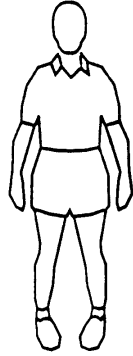


## **HIP PRECAUTIONS AFTER HIP REPLACEMENT SURGERY**

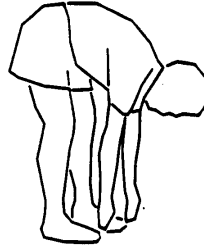
After hip replacement, you will need to observe some important safety rules to help prevent dislocation. Here are some of the most frequently advised precautions. Review them with your surgeon and discuss how many months you will need to follow these, or any other safety rules prescribed after surgery:

- Don't bend your hip past 90°
- Don't cross your legs; keep knees 12-18 inches apart
- Don't lean forward while sitting in a chair
- Don't sit on a chair that does not have arms
- Don't lean forward while sitting in bed
- Don't sit more than 60 minutes at a time; get up and walk frequently
- Don't sit on a toilet or commode that does not have handles or side arms
- Don't let your knee move inward past your navel
- Don't turn your feet in or out
- Do use pillows between your legs at night to keep your hips properly aligned

## HIP PRECAUTIONS



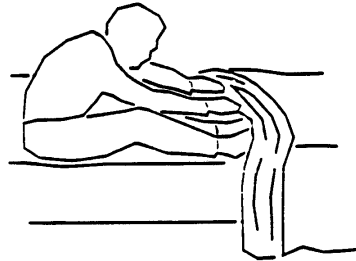
**DO NOT Stand  
with toes turned in**



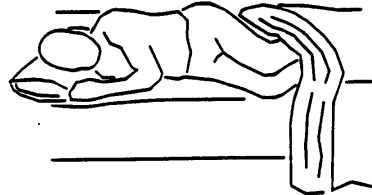
**DO NOT Bend  
way over**



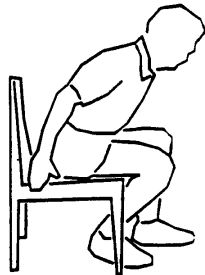
**DO NOT  
Cross legs**



**DO NOT Pull blankets  
up like this**



**DO NOT Lie without pillow  
between legs**



**DO NOT Get up  
like this**



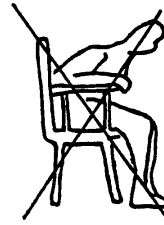
**DO NOT Sit on a low  
toilet or chair**

**HIP REPLACEMENT PRECAUTIONS**



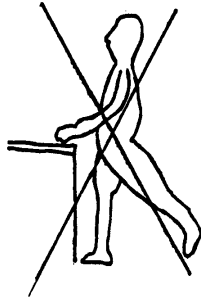
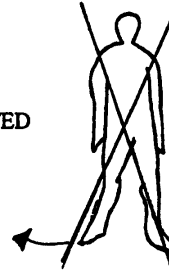
● **DO NOT CROSS YOUR LEGS**

● **DO NOT SIT WITH YOUR KNEES HIGHER THAN YOUR HIPS OR LEAN FORWARD IN A CHAIR**



● **DO NOT TURN TOES INWARD**

● **DO NOT ACTIVELY MOVE YOUR OPERATED LEG OUT TO THE SIDE**



● **DO NOT EXTEND OPERATED LEG BEHIND YOU**

● **DO NOT BEND FORWARD AT YOUR WAIST OR SQUAT DOWN**

