

## **SEXUAL CONCERNS FOLLOWING HIP SURGERY**

The purpose of this document is to address some of the more common sexual concerns that patients and their partners may have following hip surgery.

### *WILL I BE ABLE TO RESUME SEXUAL RELATIONS NOW THAT MY HIP HAS BEEN REPLACED?*

- The vast majority of patients are able to resume safe and enjoyable intercourse following hip replacement. Patients with impaired sexual function caused by preoperative hip pain and stiffness usually find that after surgery their hips are pain free and have better motion. However, it may take several weeks before you are comfortable with your new hip.

### *WHEN CAN I RESUME SEXUAL INTERCOURSE?*

- In general, it is safe to resume intercourse approximately four to six weeks after surgery. This allows time for the incision and muscles around your hip to heal. However, the exact time varies greatly. Some patients who have rapid postoperative recovery are able to resume sooner, provided there is no hip pain.

### *WHAT POSITIONS ARE SAFE FOR ME DURING INTERCOURSE?*

- Total hip replacement precautions need to be observed during all activities of daily living, including sexual intercourse. Your surgeon and/or physical therapist should instruct you on the precautions that you should follow for your everyday activities. You should avoid excessive flexion, adduction, and internal rotation as advised in the discharge therapy instructions. Most patients, both male and female, prefer to resume intercourse in a passive manner in the "bottom" position. This position requires less energy expenditure. As your hip heals you may resume a more active role. Males may also enjoy intercourse in the superior ("top") position, while females may find intercourse comfortable lying on the non-operated side. After a few months, patients can resume sexual activity in any comfortable position.

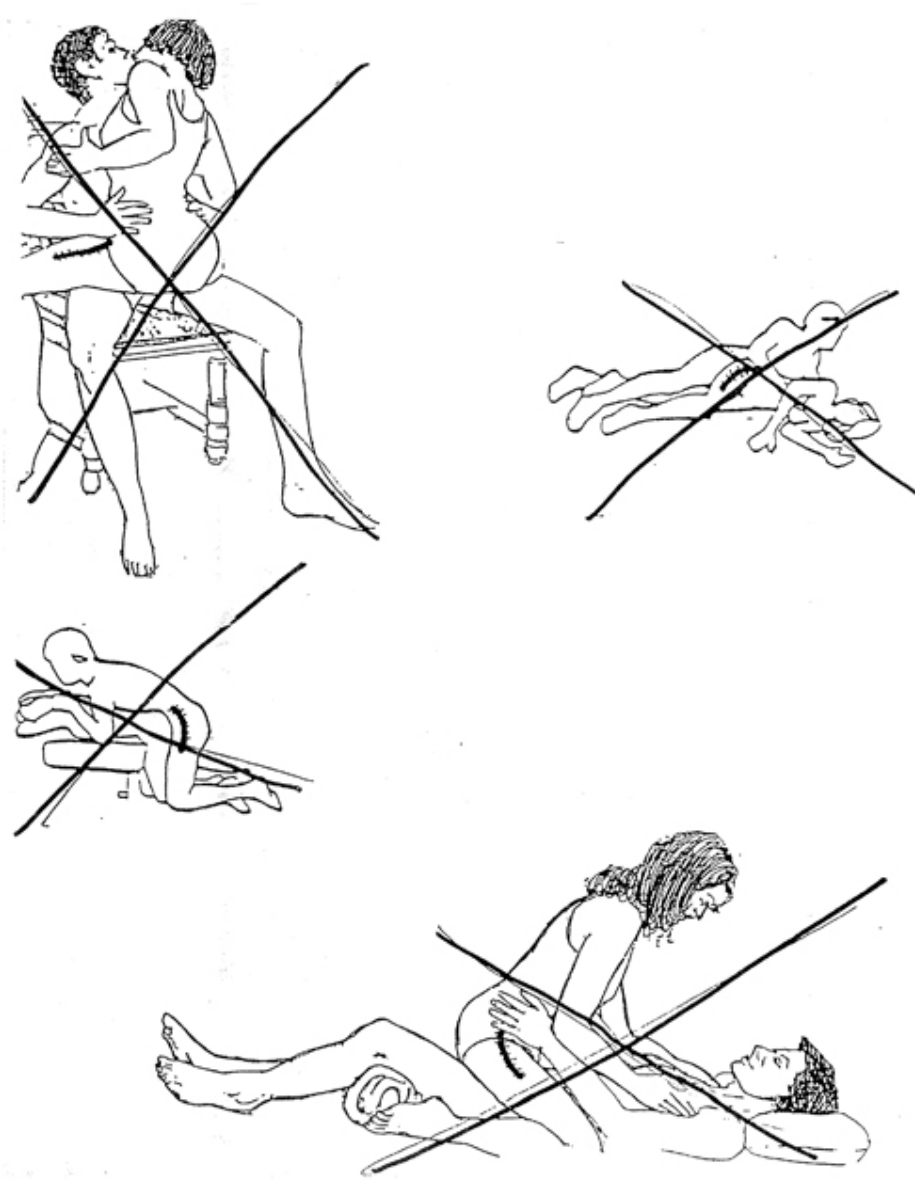
### *WHAT SHOULD I TELL MY PARTNER?*

- Good communication between you and your partner is essential and you may want to share this pamphlet with your partner. In addition, you can discuss the hip precautions that have been taught to you by your surgeon and/or physical therapist.

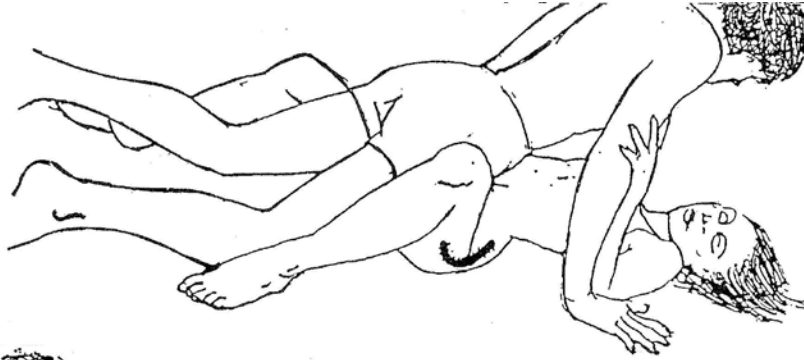
### *CONCLUSION*

- It is hoped that by reading this monograph some of your concerns and questions dealing with sexual activity after hip displacement surgery will be answered. Of course, no document can address every circumstance in all patients. Therefore, if you still have questions after reading this monograph please feel free to ask your surgeon or physical therapist.

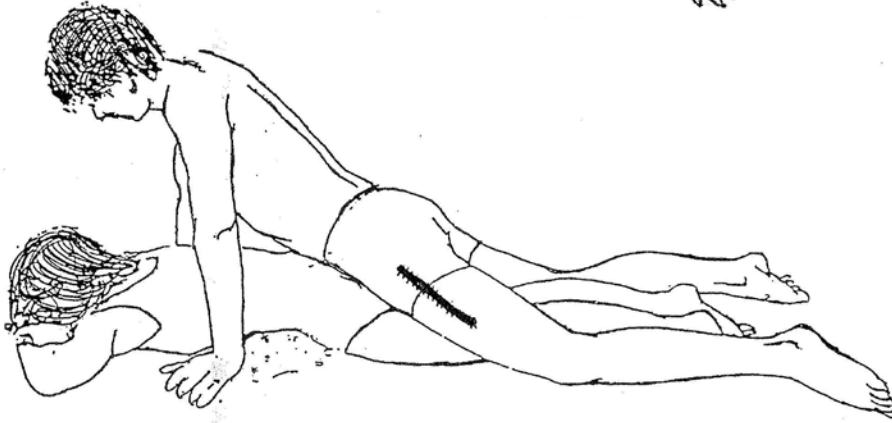
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Patient on the bottom  
Partner on the top



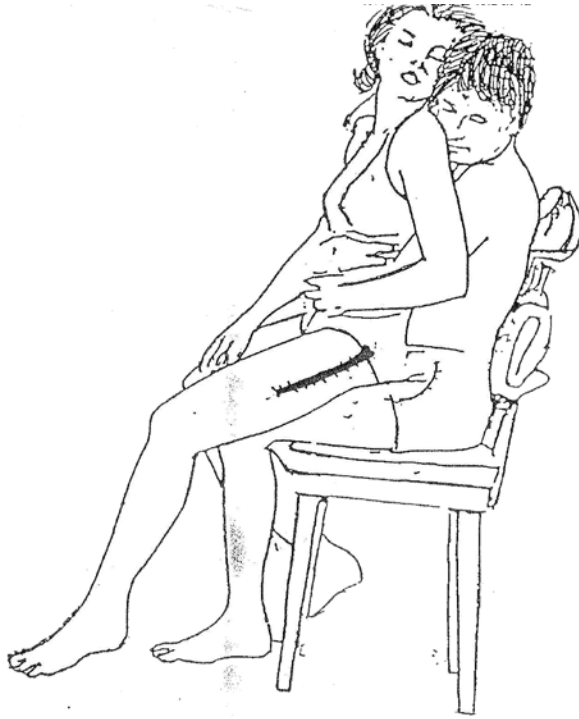
Patient on the top  
Partner on the bottom

Patient side-lying with  
operated leg on the top



Standing position for  
both patient and partner

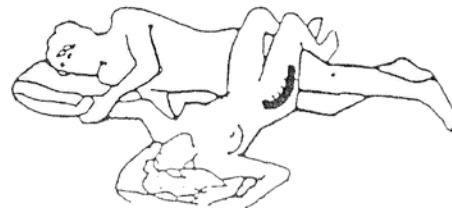
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Seated position for both  
patient and partner



Patient on the bottom  
Partner on the top



Patient on back and  
partner side-lying