



You need to go to Warwick Hospital  
to have a Hip Replacement  
operation.

The nurse will ask you some questions, and fill out some forms.



If you are happy to go ahead with the operation then sign the forms.



# Before you come into hospital

An occupational therapist will visit you at home.



They will talk to you about what you can and cannot do



They will check equipment that will help after the operation



Before you come into hospital put away any rugs.



Put all food higher up in cupboards so you do not bend to reach them.



# When you go into hospital.

Bring your medication with you.



Clothes



Shampoo and soap



Shoe horn



There will be forms to fill in.



Do not eat for 6 hours before your operation.



You will go to sleep.



The operation will last about 2 hours, in theatre.



You will go back to the ward, to sleep.



You will be wearing a mask, and there will be a drip in your arm.



You will also have a catheter, so that you can go to the toilet.



You need to sleep on your back for 6 to 12 weeks after the operation



You will also have a wedge between your legs.



The nurses will come and check on you.



You may have some blood.



You will have a bandage on your hip.



You will need to wear special socks.



You will also need to take tablets for the pain.



Ask the nurses for tablets if you are in pain



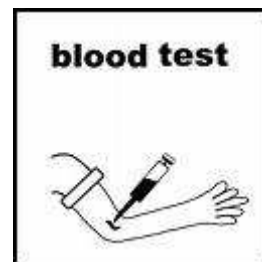


# On the first day after your operation.

You will have an x-ray.



You will have a blood test.



You will be able to eat and drink.



The physiotherapist will start to do some exercises with you.



You will need to try and move in bed, but keep your sore leg straight.



The physio will help you get out of bed, using a Zimmer frame.



You may feel sick, because you have lay down for a long time.



You may need to use a bed pan to go to the toilet in bed.



# On the second and third days after your operation.

The physio will help you to get out of bed using a zimmerframe



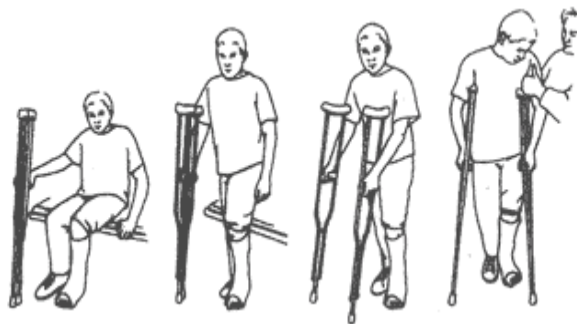
The physio will help you to walk using a zimmerframe or elbow crutches



The physio will help you to go up and down stairs using a zimmer-frame or elbow crutches



An occupational therapist will show you how to get on and off the bed, chair and toilet using your zimmer-frame or elbow crutches



An occupational therapist will show you how to dress yourself using a helping hand and a shoe horn



# When you are ready to go home.

Use your elbow  
crutches to walk  
around.



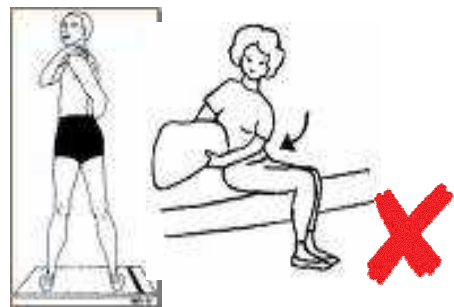
Do not bend.



Lift things carefully  
only from waist  
height.



Do not twist.



Do not cross your legs



Do your exercises.



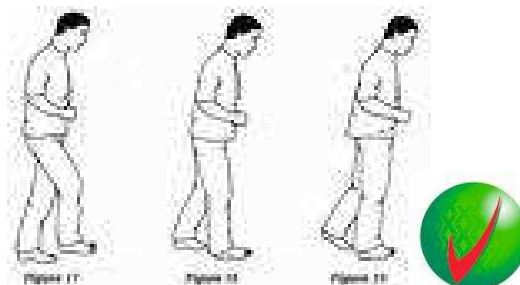
Use a grab stick to pick up things.



Use your crutches until you are told not to.



You will need to take small steps.



This leaflet was put together  
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