

# Hip Replacement

## What can I expect during my recovery?

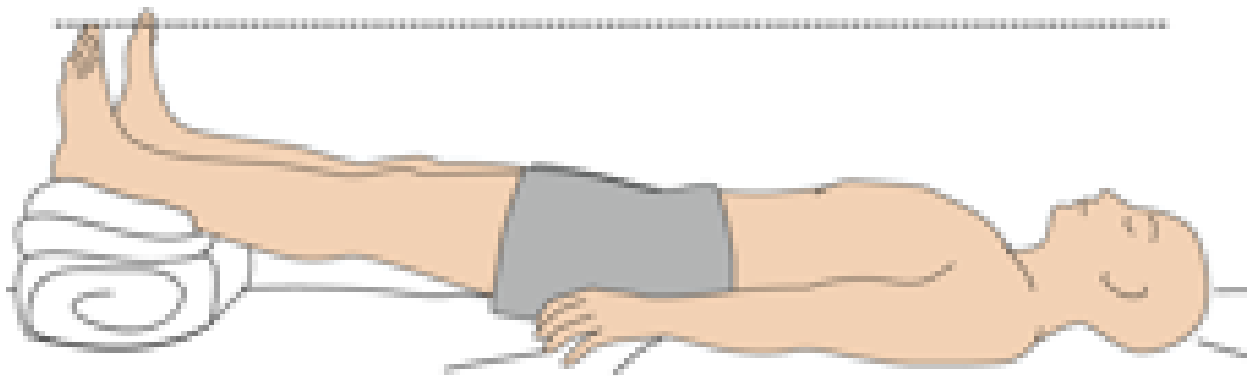
### Bruising and Swelling

Bruising around the hip incision can worsen one week after your surgery before it starts to improve. This bruising is normal but it does not happen to everyone. This bruising and swelling can also extend down the leg to the calf and ankle because of gravity.

### How to Manage Swelling

**Use an ice pack.** Wrap a pack of ice in a soft, clean towel. Use the ice pack for 10 minutes after your exercises and before bed.

**Raise your leg above your heart-level.** Lie down in a comfortable place. Use some blankets or pillows to prop up your legs so your feet are higher than your heart. This will help bring the fluid in your legs back into the middle of your body.



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### Clicking and Clunking

This is normal and happens because your new implant is made from metal and plastic. Let your healthcare team know if this causes you a lot of pain or is so loud it can be heard by others

## Changing my Bandage

Your bandage is to be changed the day after your surgery. If you are in hospital, the nurse will do this for you before discharge. If you are at home then you or a family member can do it for you. You will remove the bandage covering your incision, keep the area clean, then apply the new waterproof bandage. This bandage will be left on for **6 days**. After 6 days, if the wound is not draining or bleeding then you can keep it uncovered. If you are not comfortable leaving it uncovered, you can cover the incision with the new bandage that was provided by the nurse at the hospital.

\*If you already have a waterproof bandage on from surgery, this can be left on for 7 days

## Physiotherapy

**Posterior/Lateral Hip Replacement:** Arrange to start physiotherapy 2-3 weeks after your surgery – call your physiotherapist of choice and arrange an appointment beforehand.

## Follow ups

You will follow up with your surgeon or advanced practice physiotherapist 2-3 weeks after your surgery to see how you are recovering and to remove your staples if you have them.