

Getting ready for your operation

Preparing yourself and your home

You can help to reduce the risk of some complications by keeping fit before you come into hospital:

- Maintain a healthy diet. If you are overweight, use the waiting time before your operation to steadily reduce your weight.
- Stop smoking. Advice and help can be found on www.nhs.uk/smokefree or discuss the options with your GP. It is very important that you cease smoking for at least eight weeks before your surgery so that your lungs and breathing improve
- See your dentist for a check-up, particularly if you do not have regular dental checks.
- Have a check-up at your GP practice if you have long term health problems such as diabetes, high blood pressure, anaemia or heart problems

With some planning, most people are able to return home one to three days after their operation. The following simple preparations before your surgery can help your recovery and discharge home.

- Practise the hip exercises on pages 9 to 11 so the muscles are as strong as possible before the operation.
- Have your house ready for your arrival back home.
- Clean and do the laundry. Put clean sheets on the bed.
- Arrange easy access to items in cupboards e.g. clothes, food etc.
- Prepare meals and freeze them in single serving containers.
- Make sure that you have enough of your prescribed medicines to last for a few weeks after you return home.
- Pick up loose rugs and tack down loose carpeting.

- Make sure there is room to walk from room to room without obstacles getting in your way. A wheeled trolley may be useful to carry food any distance.
- Arrange to have help with heavy domestic tasks such as hoovering.
- If you are a carer for a loved one, arrange for alternative support
- Arrange care of pets if necessary.
- Cut the grass; tend to the garden and other necessary outside work.
- You may find it helpful to arrange for a friend or relative to stay with you for a few days after you return home.
- If you wish to arrange a convalescent stay or private support for home, please contact Care Direct (0345 155 1007) who will be able to give you more information

Pre - operative hip exercises

Perform the following exercises on a daily basis to maintain muscle strength and movement prior to surgery. PLEASE DO NOT DO THEM AFTER YOUR HIP REPLACEMENT OR BEFORE REVISION HIP SURGERY



1. Put the foot of your unaffected leg on a low step and hold a banister or wall for support.

Lean forward whilst bending this knee. Keep your body upright and the feet flat on the floor and step.

You should feel a gentle stretch at the front of the affected hip.

Hold this stretch for up to 30 seconds.

Relax and repeat five times on each leg.



2. Lie on your back. Bend the knee of the affected leg so that your foot rests flat on the bed.

Allow the bent knee to fall out to the side until you feel a stretch on the inside of the thigh.

Hold the stretch for up to 30 seconds.

Relax and repeat five times.



3. Lie on your back. Pull your legs alternately up onto your chest, keeping the opposite leg flat down on the bed. Hold the stretch for up to 30 seconds.

Relax and repeat five times.



4. Lie flat on your stomach with your legs wide apart for 20 minutes once a day.

If achieving this position is very uncomfortable, lie flat on your back with your legs wide apart for approximately 20 minutes once a day.

This will stretch the front of your hip and inside of your thigh.



5. Stand on the affected leg (use a support for balance if necessary).

Bend the knee of the unaffected leg, lift the foot off the floor and keep your balance for up to 30 seconds.

Concentrate on holding the pelvis level.