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## The Beginner's Guide to Recovery after a **Hip Replacement Surgery**

As one of the major surgeries that require careful rehabilitation, one may encounter a lot of challenges post a Hip Replacement Surgery.

In this guide, we will answer some common questions about the recovery process and also share some helpful care tips.

### **# When can a patient go home after a hip replacement?**

Depending on the age, and other health issues, people can usually start moving the same day of surgery. It helps to prevent joint stiffness.

A lung and heart condition may make you stay at the hospital for a day. Inpatient rehabilitation services are available for those who don't have any family members or live alone.

We recommend some of the medical equipment in the first week of rehabilitation post hip surgery.



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## **Week One:**

### **Medical Beds**

To have proper positioning post the operation; you may get a medical bed. Choose according to your needs and comfort. At Sehaasouq you may get manual or electric beds for rent. Both the beds position the patient as per their comfort.

### **Wheelchairs or Walkers**

These medical equipment can be rented to support mobility and help in hip positioning. To avoid new joint stiffness, you're recommended to walk around. A wheelchair or Walker can help you with the same.

### **Physiotherapy Equipment**

Physiotherapy equipment can help to regain muscles and improve weight bearing potential.

### **# Does one have to use Walker at first?**

You may need a cane or walker to reduce falls if you feel unbalanced walking on your own. Although it is not recommended to keep the weight off the new hip.

### **# When will the incision heal?**

Nowadays incisions for hip replacement surgery are very small and are closed with absorbable sutures. The incision is dressed and heals in about six weeks. Showering is permitted during this time, but bathing and swimming should be avoided to reduce the risk of infection.

Be careful with the incision. It may cause further infections and bleeding if not taken care of. To ensure complete rehabilitation, let's go through the medical equipment and support needed from week 2 to week 6!



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## **Week Two to Six :**

### **Bedroom Care**

Also known as bedroom equipment, these are recommended to promote a safe environment for people post the surgery.

Homecare beds help in easy access and positioning to move in and out. Bed ladder rope provides upright positions. Air mattress helps in bed sores prevention.

### **Commodes**

A toilet seat raiser helps you perform toilet activities independently.

### **Living Room- Raisers and Reclining sofas**

It supports getting in and out of the chair while enjoying freedom to be around the family.

### **Shower in Bed with Aquabuddy**

The portable shower supports initial days after discharge for showering in Bed activities.

### **Bathroom essentials**

The bath chair with arms, grab bars, shower handle, and anti-slip mats help to support and prevent falls.

### **Wheelchair or Walker with wheels**

To support indoor and outdoor activities.

### **Cold packs**

To manage pain, reduce swelling, and improve mobility cold packs are used.

### **Reachers**

These are used to access household utilities to prevent falls or accidents.



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### # When does rehabilitation therapy start after the hip surgery?

Rehabilitation begins with getting used to regular movements and daily activities, such as getting out of bed or a chair, and progresses to more difficult tasks, such as climbing stairs and getting in and out of a car.


Muscle strength is important with resistance training. It helps to keep the hip and knee muscles working.

### # How long is the recovery period?

It is determined by a number of factors, including how active you were prior to surgery, your age, nutrition, pre-existing conditions, and other health and lifestyle factors. Usually a person will recover in a month or maximum 6 weeks.

A steady approach with the best chosen medical products can help you recover faster, and healthier. We aim to cater to your all medical needs and would be happy to serve you!

If you have any questions; connect with us at :

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