

## Getting Around



With assistance, make home environment safe for moving around. Widen furniture paths and remove trip hazards, such as loose rugs, to help prevent accidents when you return home.



Use cane on non-surgical side, moving cane and surgical leg together.



Use arms to rise from a chair or bed.



Step into walker before moving it forward. Lead with surgical leg.



Climb stairs one step at a time, leading with your non-surgical leg. Go down stairs one step at a time, leading with your surgical leg.

## Caring For Your New Hip Implant

- Do not cross your legs or allow your knees to come higher than your hips.
- Follow the activity guidelines established by your surgeon.
- Continue the prescribed exercises during your entire recovery period, and talk to your doctor about developing an exercise program after you fully recover. Golfing, swimming, walking, bicycling, and playing doubles tennis are excellent sources of low-impact exercise if your surgeon feels that these activities are appropriate for your individual condition.
- Follow your surgeon's check-up plan.

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my hip hurts

Your guide to life after  
**Total Hip**  
replacement surgery



for more information, visit:  
[ihavejointpain.com](http://ihavejointpain.com)

# Your guide to life after Total Hip replacement surgery

To promote a healthy recovery, this brochure will assist you in developing an at-home care plan that meets your individual needs.

While this brochure can be used as a guide, it is important that you follow your surgeon's prescribed recovery program.

Your care is very important to us, and we want you to have a successful and complete recovery.



## Incision Care Checklist

- Keep incision clean and dry until staples or sutures are removed.
- Follow your surgeon's instructions on bathing and showering.
- If incision gets wet, pat dry with a soft, clean cloth.
- Apply ice to incision as instructed.
- Elevate leg to reduce swelling as instructed.
- Tell your surgeon immediately about any increased swelling, drainage, or changes in incision that worsen during the recovery process.

## Medications And Diet

- Take all medications as directed.
- Be aware of the side effects of narcotics (pain medications) during recovery or with activity.
- Report any side effects to your surgeon.
- Consult your surgeon before taking any medications not prescribed by your surgeon.
- Maintain a healthy diet.
- Drink plenty of fluids.

## When To Call The Surgeon

- Any time you have questions regarding your condition, care, and activity level.
- Changes with incision, increase in swelling, redness, or drainage that worsen during your recovery.
- Persistent pain not relieved by pain medication.
- Side effects from medication.
- Persistent swelling not relieved with ice or rest.

## Exercise

Follow the exercise program chosen for you. The following are examples of exercises your surgeon may choose for you. Do not attempt exercises not recommended by your surgeon.



**Ankle Pumps**  
Keeping leg straight, point toes away from you. Flex foot toward you.



**Short Arc Quads**  
Lie on back, place towel roll under thigh. Lift foot, straightening knee. Do not raise thigh off roll.



**Side-Lying Hip Abduction**  
Lying on side, tighten muscle on front of thigh, then lift leg 8–10 inches away from floor.



**Hip Abduction & Adduction**  
Lie on back, slide legs out to side. Keep toes pointed up and knees straight. Bring legs back to starting point.



**Long Arc Quads**  
Sit with back against chair. Straighten knee as shown above. Lower leg back to floor.



**Heel Slides**  
Lie on couch or bed. Slide heel toward your bottom.