

Rules to follow after a hip replacement

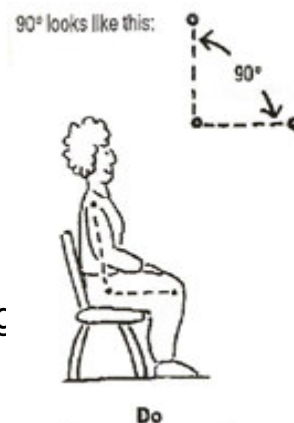
Follow these instructions for 3 months following your hip surgery.
If you have dislocated your hip more than once, follow them for life.
It is essential that these rules are followed to prevent dislocating your new hip.

1. **Do not** cross your legs

- Example:
- Do not cross your ankles
 - Do not cross your legs when you are sitting
 - Do not lie on your- stomach
 - Do not lie on your side without a pillow between your legs.

2. **Do not** bend your operated hip more than 90°

- Example:
- **Do not** sit on a low chair, bed or toilet
 - **Do not** bend to the floor to pick up items
 - **Do not** bend down to do up your shoes or dry your feet
 - **Be aware** of the position of your hip and leg when getting in and out of a car.



3. **Do not** twist your operated leg

- Example:
- **Take small steps** to turn when walking
 - **Do not** pivot on the operated leg
 - **Do not** turn to look behind you without turning your feet
 - **Do not** twist your upper body while sitting eg to reach for an object.



