Dislocated Hip Prosthesis

Once the joint prosthesis has been put back in place, you may resume your normal activities unless your caregiver instructs otherwise. You may use a cane, crutches, or a walker to relieve your discomfort as recommended by your caregiver. Pain medicine may be prescribed for the next few days. Do not lie on your affected hip until your caregiver approves.

If you were given sedatives or other medications to help you relax, you should not drive, operate machinery, or make important decisions for at least 24 hours. You will also need a responsible person to drive you home.

The following are activities to reduce the risk of having another dislocation.

- Do not cross your legs, and try to keep your knees apart when getting in and out of your car.
- Do not lean forward beyond 90 degrees or raise your knee higher than the level of your hip.
- Do not sit in low chairs. Add extra cushions to increase the height of your chairs or couch.
- Take short steps when you turn. Do not pivot.

Contact your caregiver for follow-up as directed, and if you have any other questions or concerns.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your hip dislocates again.
- You develop severe pain in your hip, unrelieved by medicine.
- You have numbness, tingling, temperature changes, or discoloration of your leg or foot.
- You develop shortness of breath, or difficulty breathing.
- You develop any other signs of allergy to medicine such as hives, skin rash, itching, nausea, and vomiting.

Document Released: 01/25/2006 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.