

Friedrich Boettner, MD

Hip Precautions

Dr. Boettner specializes in minimally invasive anterior and posterior total hip replacement. He will advise you which approach is best suited for your condition. There are different precautions after each of these procedures!

Anterior MIS Total Hip Replacement

- Use calf compression stockings for 2 weeks (ask the nurse when you leave the hospital)
- No hyperextension and external rotation for 4 weeks (moving the leg all the way back)
- Keep your knees apart when sitting low
- You can drive a car after 2 weeks when you are off narcotic medication and comfortable driving
- You can shower when you get home on postoperative day 2
- You can usually return to work (office job) at 2-3 weeks after surgery
- You can return to golf at 6 weeks after surgery, and tennis at 10-12 weeks

Posterior MIS Total Hip Replacement

- Use calf compression stockings for 2 weeks (ask the nurse when you leave the hospital)
- Please do not bend your hip beyond 90 degrees for 4 weeks
- We recommend to sit on a high chair and use a toilet seat elevation for 4 weeks
- Use a pillow between your legs at night for 4 weeks
- Keep your knees apart when getting up from a seated position
- You can drive at 4 weeks when you are off narcotic medication and comfortable driving
- You can shower when you get home on postoperative day 2
- You can usually return to work (office job) at 3-6 weeks after surgery
- You can return to golf at 6-8 weeks after surgery, and tennis at 10-12 weeks