

## **TOTAL HIP REPLACEMENT PRECAUTIONS**

The recovery of your hip is now well advanced. From now on, you can reduce the daily exercises to about once or twice a week. You can basically lead a normal life.

However, remember that your hip is an artificial device, even if it feels “normal”. As with any artificial device, there is a risk of mechanical failure. Thus, I would recommend that you follow these precautions for the rest of your life:

### **IF POSSIBLE AVOID THE FOLLOWING:**

1. Being overweight. If you are, make every effort to lose weight. The lighter you are the longer your hip will last. For additional information, please ask me or my office staff.
2. Lifting and carrying weights over approximately 30-40 pounds.
3. Jumping, running or causing any significant repetitive impact on your hip.
4. Walking over four to five miles a day. Wear well padded shoes with rubber soles and heels. It is preferable to walk on soft terrain rather than hard concrete.
5. Stairs: use a banister.
6. Strenuous sports, particularly contact sports. However, you may swim, do water exercises, use a stationary bicycle, treadmill, Nordic track, in a slow, gentle fashion. You can play golf using a cart and gentle double tennis, preferably on a soft court. For more information regarding activity following total joint replacement, please ask me or my office staff.

If you develop an infection anywhere in your body, contact your doctor. Infections should be treated adequately and promptly. There is a remote chance of the infection seeding the artificial hip through the blood stream. For the same reason, if dental work, or other surgery is to be performed, we recommend prophylactic antibiotics. Inform your dentist and doctors that you have a total hip replacement.

It is important that your hip is examined periodically. Thus, I would like to see you with x-rays at approximately one year after surgery and every three years thereafter. **The mechanical failure of a total hip replacement is initially a silent process. If detected early, through periodic radiographic examinations, several treatments can be instituted before you start having pain and severe loss of bone occurs. Therefore, the periodic examination of your hip replacement is paramount.**

**If you move, please contact our office and inform my secretary of your new address and telephone number in case that we need to contact you in the future.**

Alejandro González Della Valle, MD