



Dislocated hip replacement

You came to the emergency department because your artificial hip came out of its socket. It has been put back in place and checked with an X-ray. This sheet explains how to protect your hip and lower the chance of it happening again.

What is it?

A hip replacement has a ball that sits in a cup. Certain movements, such as bending the hip too far, crossing your legs or twisting the leg inwards, can push the ball out. This is called a dislocation. Once it has happened, it can happen again, especially in the first weeks. The movements you avoid depend on your operation, so follow your surgeon's advice.

Looking after yourself at home

- Do not bend your hip past a right angle. Avoid low chairs, low toilets and bending to pick things up.
- Do not cross your legs or ankles, whether sitting, standing or lying.
- Do not twist your operated leg inwards or turn your knee in.
- Sleep on your back with a pillow between your knees, unless told otherwise.
- Use a raised toilet seat, a grabber and your walking aid as advised.
- Wear any hip brace you were given exactly as instructed.

Medicines

- For pain, you may take paracetamol unless your doctor told you not to. Follow the packet or your doctor's instructions.
- Keep taking any blood-thinning medicine prescribed after your surgery, exactly as instructed.

Follow-up

- Contact your orthopaedic surgeon's team within 1 to 2 weeks, or at the appointment you were given.
- See your family doctor or health centre if you have concerns before then, and ask about physiotherapy.

Come back to the emergency department or call an ambulance straight away if:

- Sudden severe hip pain, or a clunk followed by pain
- Your leg looks shorter, or is turned in or out
- You cannot stand or put weight on the leg
- Numbness, tingling, or a cold, pale foot
- Redness, swelling, fluid from the wound, or a fever
- Swelling or pain in the calf, or sudden shortness of breath



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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