

## INFORMATION FOR PATIENTS

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# Hip precautions

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Following some operations on your hip, there are specific precautions you must follow to reduce the risk of dislocation whilst the hip heals. Dislocation can occur due to the tendons and ligaments in the hip becoming less rigid following surgery and it is important to give them time to stabilise again. The risk of dislocation is low, but it can happen, so it is important to follow these precautions for a minimum of **12 weeks** following your operation:

**1) Do not bend the hip past 90 degrees**

This includes picking things up from the floor or sitting on chairs that are too low.



**2) Do not cross the legs at your ankles or knees**

Avoid crossing your legs when you are lying, sitting or standing. You can avoid this by putting a pillow between your legs when sleeping.



**3) No twisting or pivoting on the leg**

Avoid twisting your leg inwards or outwards when standing, sitting and lying. When walking, make sure you step around rather than twisting to change direction or look behind you.



If you have any queries or concerns, please ask your therapy team.

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202202-01-HP Created: February 2022 / Review Date: February 2024</p>
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