

# Hip Replacement

Recovery Timeline

SWIPE





**Hip replacement surgery is a significant procedure aimed at improving mobility and relieving pain in individuals suffering from severe degenerative change in the hip joint.**

Understanding the Hip Replacement Recovery Timeline is crucial for setting realistic post-surgery expectations and for a successful healing process.

The recovery journey involves several stages, each with its own set of milestones and challenges. By familiarising yourself with these stages, you can better prepare for the road to recovery and manage any difficulties that may arise during your hip surgery recovery.

STAGE 1

# STAGE 1 – Immediate Post-Surgery Phase

The immediate post-surgery phase is a crucial period in the hip replacement recovery timeline.

Patients typically remain in the hospital for a day or two. During this time, medical staff closely monitor vital signs, incision sites and overall recovery progression.

Nurses and doctors will assess the surgical site for any signs of infection and evaluate pain levels, adjusting medications as necessary.

Physiotherapists will guide patients through simple leg and ankle movements. These exercises prevent blood clots and promote circulation. Initial walking will begin during this phase with the aid of a walker or crutches. The goal during this period is to gradually increase the range of movement while ensuring the wound remains unharmed.



STAGE 1



Patients will receive pain relief medications, which may include opioids for the short term, alongside non-steroidal anti-inflammatory drugs.

Medications to prevent blood clots, known as blood thinners, are often also prescribed.

Physiotherapists will encourage patients to begin moving as soon as it is safely possible. Structured exercises focus on strengthening the hip joint and supporting musculature.

Once at home, patients are encouraged to steadily increase their levels of activity, while still treating their bodies with care.



*"Initial mobilisations may feel challenging but they are essential in preventing stiffness and maintaining circulation."*

STAGE 2

[www.orthopaedicsplymouth.co.uk](http://www.orthopaedicsplymouth.co.uk)

# STAGE 2 – Weeks 1-6: The Early Recovery Stage

To manage swelling and bruising around the incision area, elevating the leg and applying cold compresses can be effective.

A structured physiotherapy programme not only aids in strengthening the hip joint but also helps restore flexibility and balance.

## Here are some tips for navigating this phase safely:

- Remove any trip hazards, such as loose rugs and clutter, from walkways at home.
- Use assistive devices like walkers, crutches or sticks as instructed by healthcare providers.
- Ensure chairs and beds are at an appropriate height to avoid excessive bending when sitting or standing.
- Install grab bars / rails on exterior doors and in bathrooms for support.



STAGE 3

# STAGE 3 – Weeks 6-12: Rehabilitation

During this time, you will notice significant improvement in your ability to perform daily activities.

Under the guidance of your physiotherapist, you will engage in a structured exercise programme designed to bolster strength and increase flexibility around the hip joint. This often includes:

- **Strengthening Exercises:** Target muscles around the hip and thigh, such as quadriceps, hamstrings and glutes, to support the new joint.
- **Balance and Stability Training:** Exercises aimed at improving balance help reduce the risk of falls, safeguarding your hip.
- **Low-Impact Aerobic Activities:** Walking, swimming, and cycling on a stationary bike can enhance cardiovascular health without placing excessive strain on the hip.



It remains important to monitor your recovery for any signs of complications such as:

- Excessive Swelling or Redness:
- Severe Pain:
- Signs of Deep Vein Thrombosis (DVT)

It is advisable to gradually reintroduce daily tasks and chores that you were accustomed to before surgery. This can include:

- Climbing Stairs
- Resuming Household Chores
- Returning to Work or Social Activities

*"It is crucial to listen to your body and avoid overexertion. Fatigue and soreness are common, and rest is an equally important aspect of the healing process."*



LONG TERM

# Long-Term Recovery and Lifestyle Adjustments

Long-term recovery involves making lifestyle adjustments that support the longevity of your hip replacement and ensure a high quality of life.

- **Maintaining a Healthy Weight:** Keeping a healthy weight reduces undue stress on the hip joint, enhancing its lifespan.
- **Regular Exercise:** Continuing with a regimen of low-impact exercises helps maintain hip strength and flexibility.
- **Routine Check-Ups:** Regular follow-ups with your orthopaedic surgeon are essential to ensure the hip replacement remains functional and to exclude any early issues.

Adopting habits that promote joint health is vital as part of your long-term recovery strategy.

CONTACT 



**Deciding to undergo knee surgery is a significant step, and certain criteria can help determine if it's the right choice**

# **Get in Touch**

**David Stitson  
Consultant Orthopaedic Surgeon**

Nuffield Health Plymouth Hospital,  
Derriford Road, Plymouth, PL6 8BG

**[enquiries@orthopaedicsplymouth.co.uk](mailto:enquiries@orthopaedicsplymouth.co.uk)**

**[www.orthopaedicsplymouth.co.uk](http://www.orthopaedicsplymouth.co.uk)**

**Tel: 01752 761818**

