

Total Hip Replacement Dislocation

You have suffered a total hip replacement dislocation, which has now been treated by the orthopaedic team. The following information will support you in your recovery.

After dislocating your hip it is normal practice at the Royal Devon and Exeter Hospital that you will be reviewed by a physiotherapist on the ward following reduction. Prior to this you may require some pain relief to allow you to feel more comfortable.

Derby Hip Brace

Following a 1st dislocation of your hip it is likely that the consultant will advise you to wear a derby hip brace for roughly 6 weeks to help prevent excessive movement and allow the inflammation in the soft tissues surrounding your hip joint to settle down. This may limit further dislocations in the future.

The hip brace will be fitted, usually whilst you are lying down by a physiotherapist on the ward. The physiotherapist will explain how it works and teach you how to adjust it as required. We usually advise you to wear this 24/7 and underneath underwear. Once in place you will be able to sit up and stand. As you move the straps may feel loose or tight depending on whether you are lying, standing or sitting. Please check it is positioned correctly and adjust the straps accordingly to ensure they are snug.

You will then be assessed for a walking aid and start mobilising under the supervision of the physiotherapist. Unless instructed otherwise you will be allowed to fully weight bear, however

understandably this may be too uncomfortable initially and therefore the use of walking aids is advised. If you are allowed to fully weight bear, you can wean from walking aids as you feel comfortable in the following weeks.

If you have a recent wound over the hip area there is a chance that the brace may irritate the tissues, if this is an issue please call Aftercare Department to arrange for this to be reviewed (number found on reverse of leaflet).

Washing

As this brace is to be worn at all times and is not waterproof, showers and baths are off limits. Strip washing is advised to allow you to un-do one strap at a time to wash, dry and fasten, then repeat for the second strap. Do not remove the brace for washing.

Instructions following a 2nd, or subsequent dislocation

After diagnosis of dislocating your hip for a 2nd or subsequent time, it will need to be reduced. A hip brace is not often prescribed at this time as the benefits after a second dislocation are less clear.

Once the hip is reduced you will then be assessed for a walking aid and start mobilising under supervision of the physiotherapist. Unless instructed otherwise you will be allowed to fully weight bear, however understandably this may be too uncomfortable initially and therefore the use of walking aids is advised. If you are allowed to fully weight bear, you can wean from walking aids as you feel comfortable in the following weeks.

Precautions following a dislocation or re-dislocation:

There is a risk that once the hip has dislocated once, that this could happen again. By following the advice below for the next 6 weeks-12 weeks this risk may be reduced.

- Avoid crossing legs
- Avoid bringing your knee higher than your hip (more than 90°)
- Avoid swivelling on your feet / twisting at the hips
- Avoid sitting on low furniture or toilets
- Avoid bending over from standing

Activities of daily living

You will be assessed after the reduction of your hip as you may find activities of daily living more difficult. Equipment can be issued to take home to make these activities easier, if necessary.

Sleeping

It is recommended to get in and out of bed on the same side as the dislocated hip. If you prefer sleeping on your side, we would advise that a pillow is placed between your thighs and knees to limit the leg dropping across the midline of the body.

Driving

We advise no driving for the first 6 weeks following a dislocated hip and only necessary car journeys (e.g. to the doctors). This is to lower the risk of putting your hip into movements that are prone to lead to further dislocations. After a minimum of 6 weeks once you have weaned from your walking aids and are able to get in and out of a car unaided you can consider driving.

The DVLA state that it is your decision when you are safe to drive and it is not the decision of your Doctor, Nurse or Physio.

Always check with your insurance company to ensure you are covered for a claim prior to driving again.

Follow up

At 6-8 weeks you may be offered a follow up appointment with a member of the hip team who will discuss your progress and answer any questions that you may have. If you have been wearing a derby hip brace since the reduction of your hip, it is likely that this will be removed. You will also have the opportunity to meet with a physiotherapist if that is felt to be helpful.

Contact us:

- Aftercare department: 01392 403509

Brace to be worn underneath underwear

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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