

# RECOMMENDATIONS FOR PATIENTS AFTER OPERATION

Dear Patient!

You were implanted an artificial metallic hip joint. This memo will help you to observe the rules of behavior after operation in order to preserve your health, wellbeing, and to improve the durability of your endoprosthesis.

**During 3 months after operation** we kindly recommend you to walk on crutches with partial load, gradually increasing the load for about 5 kilograms each month. You should put load on the artificial joint in a smaller degree than on the natural joint, i.e. to **avoid activity that requires significant load** on the operated joint. We recommend moderate load without jerks and abrupt movements — for example, riding a bicycle and swimming are recommended.

It is strictly **recommended not to gain excessive weight**, to carry heavy things, and to inflict a so called “stress load” on the endoprosthesis. If you already have excessive weight, we hardly recommend reducing it. Do not hesitate to contact your doctor about peculiarities of sexual behavior after implantation, as this is very important.

If you are to undergo a medical invasive operation or study (surgical operation, dentistry, etc.), **inform the doctor that you have an endoprosthesis** in order to perform infection-preventive measures.

At home we recommend you to observe a number of easy rules that will minimize the risk of complications:

**Rule 1.** Avoid flexion of the hip joint for more than 90°. Try to observe the following requirements:

- In the sitting position, the knees must be a little lower than the hip.  
For this purpose you may put a little pillow on the chair;
- Do not cross the legs when you are sitting or lying;
- Do not lean forward. Stand up with your spine being straight;
- Sit down with spreading your legs a little.

**Rule 2.** Strictly observe the conditions of walking on crutches.

**Rule 3.** Hold the handrails while walking up or down the stairs.

**Rule 4.** Wear low-heeled shoes with slip-proof sole.

**Rule 5.** Each time you visit your doctor, inform him about having an artificial joint.

**Rule 6.** Do not hesitate to contact your surgeon in case of sudden pain in the operated area, and high local or general temperature.

## **Remember about having an endoprosthesis!**

You should remember that an endoprosthesis is not eternal. Like any other mechanism, it is gradually deteriorating. It can work for 15 and more years, but the durability very much depends on the behavior of patient. Avoid lifting heavy things and standing for too long.

Sincerely yours,

Members of ALTIMED JSC