



Getting ready for planned total hip replacement surgery

This leaflet gives advice on how to get yourself and your home ready for when you leave hospital after an elective (planned) hip operation.

Preparing your home

- Think about re-arranging items in your kitchen, especially those you use most often.
- Could they be moved to make them easier to reach or pick up?
- Could you move things which you keep low down or high up down to waist level, to limit bending and reaching?
- Put away non-fitted rugs or unnecessary items until you are fully recovered.

Buying and preparing food or other necessities

- Buy in plenty of supplies in advance to keep you going while you are recovering.
- If you have online access, consider registering for home delivery.
- Ask friends or family to shop on your behalf while you are still recovering.
- If you have a microwave, think about buying in plenty of microwaveable meals to cut down on food preparation after your operation.
- Cook larger quantities of food in advance and freeze them in batches.
- Put essentials such as bread and milk, in the freezer to keep you going for a few days or even weeks.

Preparing for mobility issues

- Your operation might make it difficult at first to move out of a bed or chair, get to the bathroom or wash. So consider buying or renting equipment that will help you, such as raised toilet seat, toilet frame, perching stool, long handled grabber or sock aids. These can all help you to recover, and stay independent. See also the section on 'Useful equipment' overleaf.
- Keep any equipment/aids in appropriate places so they are at hand when you need them.

Transport to and from the hospital and afterwards

- Hospital transport is not available for elective surgery patients, so taxis or family/friends will need to get you home from hospital.
- You will probably be unable to drive in the days/weeks/months after your operation (depending on what type of surgery you have had) so consider this before making arrangements. Check with the DVLA for advice <https://www.gov.uk/surgery-and-driving>.

Useful equipment

Because you are having elective (planned) surgery, equipment is not supplied, so you will need to buy or rent your own equipment. Arrange delivery before your surgery, so it is already in place for when you go home.

<p>Long-handled grabber Can be used to pick things up from the floor, or to assist with dressing as it can be used as an aid to pull up lower garments.</p>	
<p>Long-handled sponge Can be used when washing lower legs or your back.</p>	
<p>Long-handled shoe horn Can assist you to put your shoes on.</p>	
<p>Sock aid Can be used to help you to put your socks on; as shown in picture.</p>	
<p>Raised toilet seat Will increase the height of your toilet, making transfers on and off easier.</p>	
<p>Free-standing toilet frame A toilet frame can help you to get on and off the toilet safely and independently.</p>	
<p>Free-standing toilet frame and raised toilet seat A raised toilet seat and toilet frame in one. If your toilet is not a suitable height, it can be used to increase the height and the arms can help you sit to stand safely.</p>	
<p>High-back chair Used to increase posture and stability and to ensure your hip is not bent past 90 degrees. Also useful for those who find transferring from a sofa difficult, due to having support from only one side. If your current sofa/ chair is low, you may find renting a high back chair useful to support with your transfers.</p>	
<p>Perching stool This has multiple purposes and can help you with washing and dressing (for strip washes the sink), as well as in the kitchen to sit on when doing food preparation, or household tasks. The back and arms can help you to transfer safely.</p>	

Compassionate

Aspirational

Resourceful

Excellent

For six weeks after your operation:

After having a total hip replacement surgery:

- Do not cross your operated leg over the other.



Where to buy or rent equipment

It is possible to buy or rent some of the equipment mentioned in this leaflet from the following:

- **Reading Red Cross:** 90 Eastern Avenue, Reading RG12 9EN
Tel: 0118 935 8236. Opening hours: Monday 1pm-3.30pm; Wednesday 1pm-3.30pm; Friday 1pm-3:30pm. Closed Tuesdays, Thursdays, Saturdays and Sundays.
- **Wokingham Red Cross:** Please contact 0300 456 1914. There is not a Red Cross in Wokingham, however please call above number who will be able to give advice and support.
- **Newbury Red Cross:** Please contact 0300 456 1914. There is not a Red Cross in Newbury, however please call above number who will be able to give advice and support.
- **Bracknell Red Cross:** 21 Martins Lane, Bracknell RG12 9EN Tel: 01344 425 176
Opening hours: Monday 10am-11am; Tuesday 5.30pm-6.30pm; Wednesday 10am-11am; Thursday 5.30pm-6.30pm, Friday 10am-11am. Closed Saturday and Sunday.
- **Basingstoke Red Cross:** Delivery service only. Please call Tel: 0300 456 1914 to book.

For more information please see Red Cross Website www.redcross.org.uk.

Or at:

- Boots
- Amazon
- Lloyds Pharmacy
- Ebay
- Argos
- Local mobility stores

Contacting us

Please do not hesitate to contact us with any questions or concerns on: **0118 322 8935**

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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