



### Quick Recap

Total hip replacement replaces damaged joint surfaces to reduce pain and restore walking when arthritis or injury limits daily life.

#### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

*This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.*



### A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

### Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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# Understanding Total Hip Replacement

Relief from Pain. Better Movement.



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



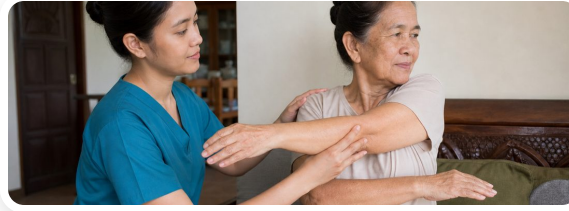
### ● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Walker or cane sequence until therapist clears solo walking.
- Equipment: sock aid, reacher, raised toilet seat, shower chair, and firm armchair.
- Hip precautions: no crossing legs, no bending past 90°, no twisting at the hip until cleared.
- Use a raised toilet seat, shower chair, and chair with arms for safer transfers.
- Ice, elevation, and pain medicines

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Incision healing, temperature, and leg swelling daily the first weeks.
- Pain and walk-distance log for therapy visits.
- Medication side effects: nausea, confusion, constipation, or bleeding.

### Good to know

- Total hip replacement resurfaces the ball and socket with metal, ceramic, or plastic components.
- Hip precautions reduce dislocation risk in early recovery.

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Avoid low sofas, deep squats, and twisting reaches early in recovery.
- Positions to avoid (posterior precautions): deep bend, leg cross, squat, twisted reach.
- Return to driving, work, sex, and hobbies per surgeon timeline only.
- Sit on firm chairs with arms; avoid low couches.