

Hip Replacement Precautions: Anterior

Now, a Health Minute.

If you have Hip Replacement surgery using the Anterior approach, your surgeon will make an incision at the front of the hip. With this type of surgery, you may have heard you don't have to take any hip precautions after surgery. However, it's important not to cross your legs. To help ensure a healthy and safe recovery here are a few other things to keep in mind.

Keep your incision area clean and dry. Ice your hip to reduce pain and swelling. Take all your medications as directed by your healthcare provider. Continue to do your physical therapy. And keep all your follow up appointments with your healthcare provider.

If you have questions about hip surgery precautions, talk to your healthcare provider.