



Dr. Amyn Rajani

M.S Orth (Gold Medallist)
Consultant Knee, Shoulder & Hip Surgeon
Specialist in Arthroscopy, Sports Injury
& Robotic Joint Replacement

Name: _____

Date: _____

DO's and DON'Ts after THR Surgery

- Exercise reduces pain..
- Ice Fomentation in front and on the outer hip 5-6 times daily.
- Apply hot packs to thigh, calf, lower back and fleshy parts 4 to 5 times a day.
- Ensure sitting surfaces are 21 inches high.
- Change dressing if oozing; sutures out at 15 days.
- Shower without wetting dressing; use cling drape.
- Mobilize and walk if experiencing pain.
- Take medications as per timings prescribed.
- Supervised walking 3-4 times daily.
- Use walker at night until 10 days post-surgery.
- Place pillow between thighs when lying on straight on the back.
- Use pillow between thighs to turn on non-operated side.
- Avoid pillow under knees.
- Avoid prolonged sitting or standing; keep moving.
- Morning stiffness subsides with movement; dangle legs on bed edge.
- Well-lit room; no mats to prevent falls.
- Expect bruising around operated site; ice helps.
- Contact us for bleeding or oozing from dressing.



WALKING WITH WALKER FEMALE



ICE HIP



**HOT WATER BAG
FOR THIGHS**

For any other queries, please do not hesitate to contact the OAKS Clinic Team:

Dr. Vishal Kulkarni (Consultant Orthopaedic Surgeon): 9820009337,

Dr. Meenakshi Punamiya (Chief Rehab Specialist), 9619153529,

Feel free to leave a message if we're unavailable, and we'll respond promptly



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For Appointments

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