

人工髖關節全置換術患者須知

- 一、在家中仍需繼續做股四頭肌和腳踝運動。
- 二、臥床休息，保持患腿外展(如稍息姿勢)，並以枕頭支撐避免腿外旋轉或內旋轉，床頭抬高不超過45度。
- 三、如果沒有不適的感覺可以躺向患側，但在出院六週內側臥時，仍需將一枕頭放於兩腿之間。
- 四、您祇要加倍小心進入浴盆，就可以用浴盆，不過淋浴也許較為方便。
- 五、您可能不必加高您的馬桶座，但要小心在坐下或站起來時千萬不可扭轉髖關節。
- 六、繼續使用輔助器(拐杖、學步車)，直到再次回到門診。
- 七、您可以以髖關節和膝蓋自然彎曲坐著，避免使臀部與大腿的彎曲度小於90度。
- 八、避免坐過低的椅子，坐時保持兩膝分開，且應避免一次坐達一小時以上。
- 九、不可過度彎腰及雙腿交叉。
- 十、記住要逐漸增加您的活動量，但其間要有充分的休息。
- 十一、三個月內勿開車，並著質軟低跟之鞋。
- 十二、當您覺得身體狀況許可時，即可回到工作崗位，最好由較輕鬆、較短時間的工作開始。
- 十三、必須遵守各項活動的限制，直到再次回到門診，可向醫師詢問進一步的建議。

Reminders to Patients that have Total Hip Replacement Surgery

1. Patient still has to exercise quadriceps femoris muscle and ankles at home.
2. While laying down for rest, please keep wounded leg stretch outwards (such as gesture for standing easy). Furthermore, support with pillow to avoid legs turning inwards or outwards, and raise bed head up for no more than 45 degrees.
3. If patient doesn't feel uncomfortable, then he/she can lean on wounded side. However, while doing that within 6 weeks after leaving hospital, should still put a pillow in between two legs.
4. Patient has to take extra caution when he/she use bath tub, however taking shower maybe is better.
5. You may not have to raise height of your toilet seat; however, be careful when you sit down or stand up for avoid any unnecessary harms to hip joints.
6. Patient should continue to use auxiliary tools (crutch or walking aid), until the next he/she returns to hospital..
7. It is suggested that patient can sit with hip and knee that bend naturally, and avoid sit with hips and legs that bend below 90 degrees.
8. Patient should avoid sitting on below-average-height chairs, and keep two knees open while sitting. Furthermore, patient should avoid sitting for more than one hour each time.
9. Must not bend over waist or cross both legs.
10. Patient must remember to increase his/her activity quantity each time but still remain sufficient rests.
11. Patient must not drive within 3 months, and wear soft and low-heel shoes.
12. When patient feels condition is right, then he/she may return to his/her work; however, should start from easiest assignment that can be accomplished within a shorter period of time.
13. Patient must obey all restrictions for every single activity involved until the next time he/she returns to hospital. Also, patient should inquire doctor for any further suggestions.