

Coming to the hospital after you have broken your hip

You will be having surgery to fix your broken hip. Our goal is that you will have your surgery within 48 hours of when you arrived in Emergency. Please read this information about what you need to know when you come to the hospital.

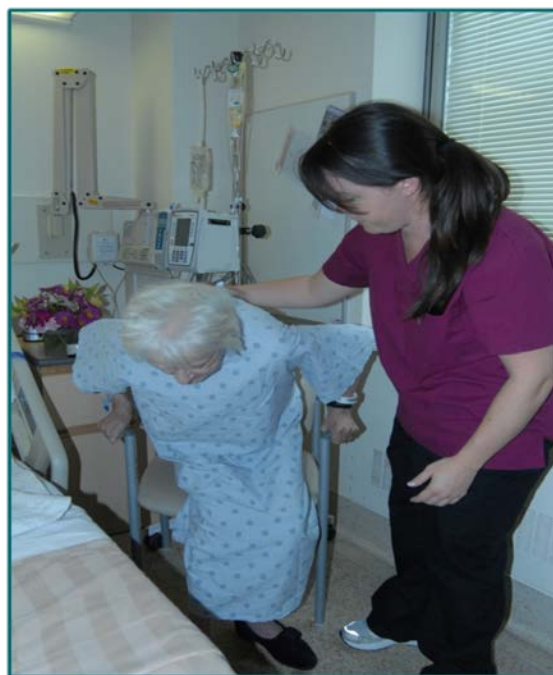
Before your surgery

The nurses will talk with you about the surgery and what to expect. You will be given a book, **A Broken Hip, Moving Forward**. We want to make sure you know what to expect and what you need to do. Please ask us questions and tell us your needs and concerns.

After your surgery

After surgery, it is very important that you stand up and start moving as soon as possible.

- You will be helped with standing on your leg and walking.
- The nurses and therapists will help you to sit up, get up and to walk within 12 to 24 hours after surgery.
- You will be encouraged to sit up for your meals.
- It is very important that you eat all of your meals and drink plenty of fluids. Family or friends are welcome to bring in special foods for you.



After surgery: discharge planning

- Plans for your recovery when you leave the hospital are started right away when you arrive for your surgery. This is called discharge planning. You and your family are very important to this planning.
- As part of the discharge planning, we need to know how you were doing with day-to-day activities before you fell and broke your hip. This information will help us to work together and develop a plan that meets your needs.
- A social worker will assist and work closely with you and your family to figure out what will work best for your recovery.

You may feel anxious as you get ready to leave. So much to remember and do. Please ask us to repeat information you do not understand and clarify what you need to know and do.

How long you can expect to stay in the hospital

- If you are coming from home or a retirement home, we would expect that you could either:
 - a. Return home with community supports within 9 days.
 - b. Go to the Rehabilitation Unit within 6 days, where you will receive active rehabilitation for up to 3 weeks.
 - c. Go to convalescent care for longer and slower rehabilitation which can take up to 3 months and then return home.
- If you are coming from a long term care facility, you can expect to be transferred back within 6 days after surgery, providing that there are no complications after surgery.
- If you have come from another hospital that does not perform this surgery, you will be transferred back within 3 days after surgery, providing that there are no complications after surgery.