

Getting dressed after your hip replacement

Please follow your Hip Precautions as you get dressed.

Getting dressed from the waist up with clothing such as shirts, slipover dresses does not change after surgery.

You will need these tools to help you:

- ✓ reacher
- ✓ shoehorn
- ✓ sock aid
- ✓ walker
- ✓ bed/chair

And, a little patience 😊

Socks

There are only 2 ways to get socks on after your hip replacement:

1. Using a sock aid.
2. Someone to help you.

Using a sock aid:

Works best with stretchy socks such as gym socks.

1. Slide sock onto sock aid.
2. Lower sock aid to ground with the string handle. **Do not bend over to lower sock aid to the floor.**
3. Slide foot into sock aid and then pull up the sock by pulling on the string handle.
4. If sock does not come up all of the way, use a reacher to pull it up the rest of the way.

Underwear, pants, shorts (any clothing worn below the waist)

To put your clothes on:

1. Have your reacher and walker close to you.
2. Start by sitting at the edge of your bed or on a chair with arms.
3. Place clothing on lap and use reacher to lower it to the floor.
Do not bend over.
4. While still holding onto clothing with reacher, slide **operated leg in first**. Make sure that the foot comes through the clothing completely, so it does not slip off.
5. Next, slide the non-operated foot into clothing.
6. Pull clothing up as far as is possible while you are sitting down.
7. Stand up with the walker and pull clothing up rest of the way. You may need to keep one hand on the walker and use your other hand to pull up the clothing.

To take your clothing off:

1. Start by standing up, with your walker in front of you.
2. Keeping one hand on the walker, use the other hand to lower the clothing. **Do not bend over**. Only lower the clothing enough to be able to sit down without sitting on it.
3. Sit down safely on chair or bed.
4. Use a reacher to lower the clothing to floor.
5. Take the **non-operated leg** out first.
6. Take the **operated leg** out second.
7. Use a reacher to pick the clothing off of the floor.