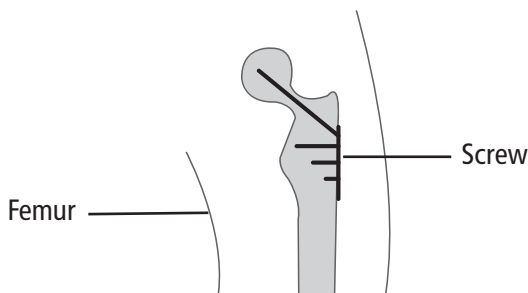


Following your dynamic hip screw (DHS) operation



About your operation

You have had an operation to have a dynamic hip screw (DHS) inserted. This is a fixation screw used to treat a fracture to the neck of your femur.



Following your operation

When you leave hospital you may go home alone or stay with family or friends. You may decide this following discussion with your medical advisers and therapists who will talk to you about your home situation, the amount of assistance you have at home, the rate of your progress and your physical condition.

The tissues and muscles surrounding your hip will take time to heal. It is important to take extra care for the first few weeks following your operation.

After your operation you may not be allowed to take all your weight onto your injured leg. Your consultant will decide how much weight you can take. Your physiotherapist will teach you how to do this safely before you are discharged.

When you get home you will be able to:

- walk with walking aids
- get on and off the bed
- carry out a home exercise programme.

You may be able to use the stairs.

Walking up and down the stairs

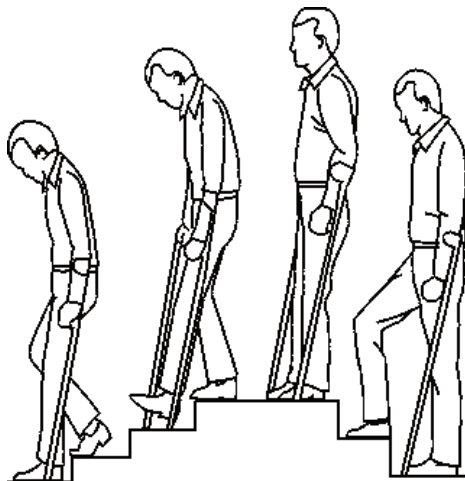
Take one step at a time. Hold the hand rail if there is one available. Take both crutches in your other hand as shown by your physiotherapist.

Walking up:

1. Unoperated leg
2. Operated leg
3. Crutches.

Walking down:

1. Crutches
2. Operated leg
3. Unoperated leg.



Exercises for your operated leg

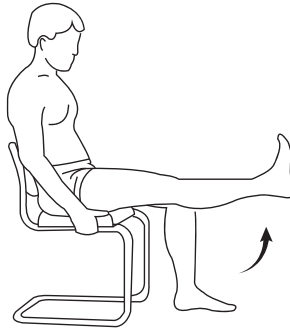
It is important to do the following exercises regularly.

Whilst lying down

- Bend your knee, keeping your heel in contact with the bed. You may use a plastic sheet for this exercise. Repeat times times a day.
- Tense up your thigh muscles times times a day.
- Tense up your bottom muscles times times a day.
- Move your feet up and down at the ankle times times a day.

Sitting in a chair

- Tap your toes.
- Slowly straighten your knee, pulling your toes towards you. Hold for 5 seconds then slowly bend your knee. Repeat times times a day.



Washing and dressing

You are advised to wash and dress sitting down. Loose clothing is advisable.

Your occupational therapist (OT) will explain the best way to achieve this and issue any equipment you need.

At your six week follow-up appointment, ask your consultant if you:

- still need to use your walking aids
- can start driving your car
- can remove your surgical stockings (if you are sent home with these)
- can start some of your normal daily activities.

Take care

An increase in swelling or pain may mean that you are doing too much. This should settle with rest. However, if it continues, or is severe contact your GP.

Avoid twisting your operated leg, especially in standing.

**The advice in this leaflet is a guide only - please refer to
your admission letter and any special instructions you have
been given by you consultant**

If you would like this leaflet in large print, braille, audio version
or in another language, please contact the General Office on
01872 252690

