Adaptive Equipment – Dressing: Hip Precautions

You may find everyday tasks, such as dressing, may be difficult and will require some thought and preparation following your surgery. By planning ahead and being prepared, you may find these tasks more manageable. The following suggestions and tips may be helpful.

Dressing
- Gather all necessary articles of clothing and equipment and place next to where you will be dressing.
- Sit on the edge of the bed or in a chair.
- Start by dressing your feet using a sockaide. Do not bend to reach your feet or cross your legs.

• For pants and undergarments, dress the surgical leg first. Use a long reacher or dressing stick to hold garments down by your feet.
• Pull the clothes up with the stick until you can reach the waistband with your hand. Do not lean forward if you have hip precautions.
• Dress the other leg, using the same technique.
• Stand with walker for support and pull over hips.
• To undress, use the reacher or dressing stick to push garments down and over your feet.
• Undress the non-surgical leg first, followed by the surgical leg. Do not lean forward.

• Put on shoes using a long-handled shoehorn. Elastic laces are available to make slip on shoes out of tie shoes.
• To take off shoes, use a dressing stick, reacher or long-handled shoehorn to push off.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.