

To help with your recovery, continue doing these physical therapy exercises every day after you leave the hospital. Your surgeon will determine if you need more therapy during your follow-up appointment.

- **Arrange to have a responsible adult with you for the first 48 hours after you return home**
- **Avoid extreme hip positions, especially if they are uncomfortable**
- **Place an ice pack on the surgery area to help manage any pain**
- **Rest between activities**
- **Walking often after hip replacement surgery helps you regain range of motion**

