

Patients and their partners may have concerns about sexual relationships following hip surgery. This information should help.

The vast majority of patients are able to resume safe and enjoyable intercourse after hip replacement. In fact, patients who, in the past, have had impaired sexual function caused by preoperative hip pain and stiffness usually find that, after surgery, their hips are pain-free and have better motion. However after gaining new hip(s), it may take several weeks to become completely comfortable during intercourse.

In general, it is safe to resume intercourse approximately four to six weeks after surgery. This allows time for the incision and muscles around your hip to heal.

Total hip replacement precautions need to be observed during all activities of daily living, including sexual intercourse. You should avoid excessive hip flexion, adduction and internal rotation. Think about how the precautions relate to your traditional position(s) for intercourse; and then, whether you may need to vary your position(s).

Good communication between you and your partner is essential, because you may have to adopt new position(s) for intercourse. We suggest that you share this information with your partner. In addition, you can discuss the precaution related to hip movement which have been taught to you by the staff.

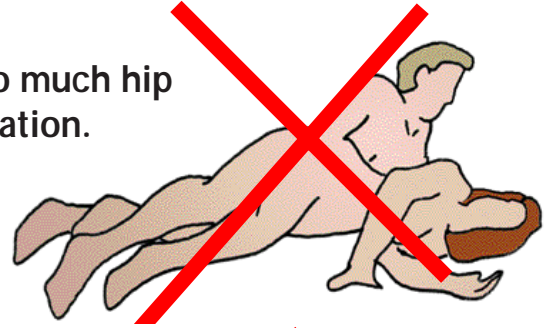
We hope that, by reading this information, some of your concerns and questions dealing with sexual activities after hip replacement surgery will be answered. If you still have questions, please feel free to ask your surgeon, physical therapist, or nurse.

Reprinted from the Hospital for Special Surgery.

## Positions to Avoid Following Total Hip Replacement

There are other safe and unsafe positions and methods of obtaining sexual satisfaction. Please think them through. If necessary, please be ready to try something new to help you new hip(s).

Too much hip rotation.



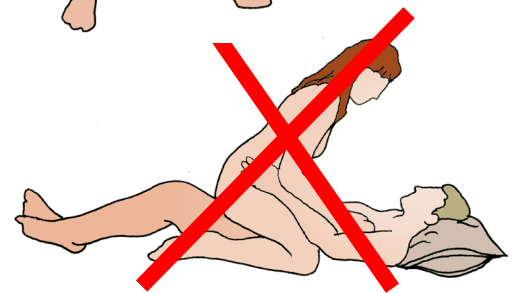
Too much hip flexion.



Too much hip abduction flexion and rotation.



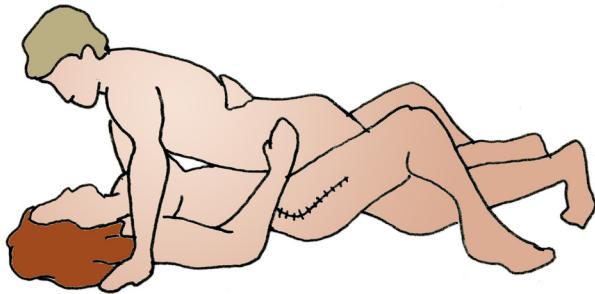
Too much hip flexion.



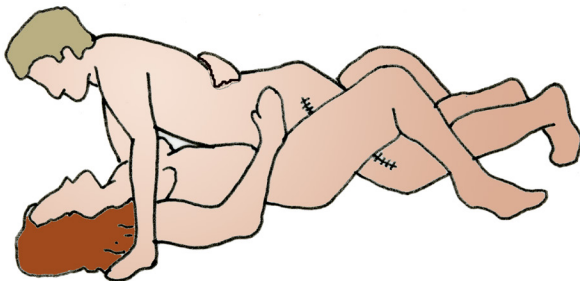


## Approved Positions Following Total Hip Replacement

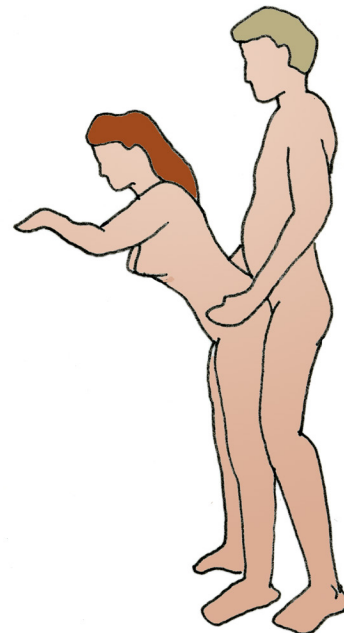
Pillows can be used under the knees, back, and/or side for comfort and support.



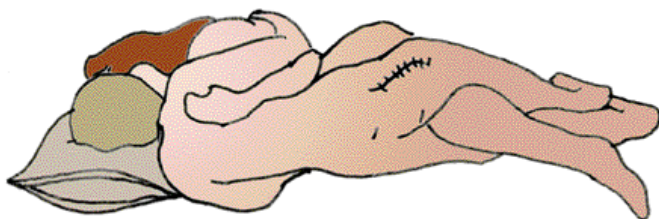
Patient on the bottom:  
partner on the top.



Patient on top: partner on  
the bottom.



Standing position for both  
the patient and partner.



Patient lying on side with  
operated leg on top.