



Hippo™

General Hip Precautions

Note: These instructions and information are provided to help you wear your hip brace wisely. Nothing here is intended to supersede, alter or oppose your doctor's orders. If anything here contradicts what your doctor says, follow his or her instructions exactly!

Your hip brace was designed to protect total hip patients who are at risk to dislocate their hip, to promote healing after hip surgery (particularly revisions), and to remind hip patients to exercise proper precautions.

For nearly all hip brace patients, these precautions are:

1. Prevent adduction. Avoid bringing the affected leg across the midline of the body. This includes crossing the legs while sitting or lying.
2. Prevent internal rotation. Avoid reaching across the body or leaning toward the unaffected side.
3. Prevent excessive trunk or hip flexion. Avoid leaning too far forward or sitting on very low, soft seats.
4. Wear your brace! Whether you are wearing your hip brace because you dislocated your hip or because you had surgery, you should follow your doctor's orders regarding when to wear the brace.

General Patient Information

1. At first, there may be some pressure on your hip – especially if you are wearing the brace after surgery. This pressure should decrease after your swelling subsides. If this pressure does not decrease, notify your doctor.
2. The pads inside the waist and thigh sections are removable. They can be machine washed with a mild detergent. No heat. If the brace must be worn full time, a replacement set of pads can be purchased. The white plastic on the brace can be washed with soap and water.
3. The Allen wrench included with each brace should be used periodically to tighten all the Allen screws. These can loosen over time. Contact your

Orthotist for Brace Maintenance

4. If you feel that your brace is not fitting properly, contact your Orthotist.
5. Follow the weight-bearing guidelines, activity allowances and restrictions ordered by your physician.
6. An undershirt under the brace may help to prevent chafing of your skin. Underpants and other clothing may be worn over the brace.

Warning!

If you notice any of the following, call your doctor or Orthotist immediately.

- Brace is loose or broken
- Brace causes skin irritation
- Brace is too tight
- You swell up above or below the brace
- You experience severe pain
- Offensive odor develops