



**Interior Health**  
*For your whole life*

# **Sex after Hip Replacement Surgery**

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*Patient Information*  
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# Sex after Hip Replacement Surgery – Safe Positions

You need to protect your hip joint in all activities after your hip replacement surgery. The following information will teach you about sexual positions that can be safe and comfortable.

You should not have intercourse until at least 3 weeks after your surgery to allow for some healing and decreased pain. **Warning:** intense muscle contraction in the groin area that may occur for some during intercourse can be very painful, so waiting longer than 3 weeks after surgery may be advised.

Remember, for 3 months after your surgery **DO NOT:**

- bend the operated hip more than 90 degrees (or as directed by your surgeon or health care team)
- cross your legs
- twist your hip
- sit on any surface lower than your own knee height

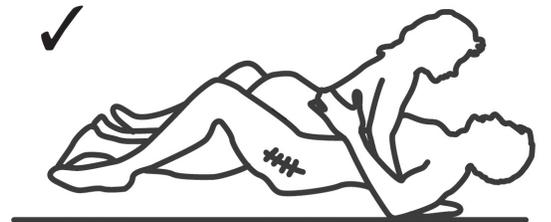
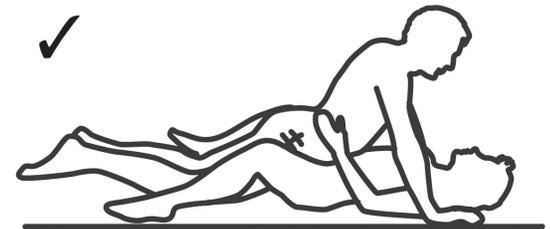
## Recommended positions

These positions protect your hip joint:

1. You may be on the top or the bottom - the hip must not bend past a 90 degree angle.

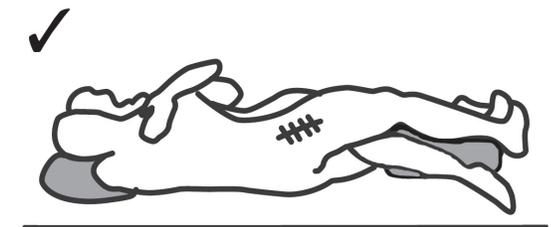
When the man is on the top (a woman cannot safely be on the top in this position after surgery), the toes of your operated leg must not rotate inward towards your other leg.

When you are on the bottom (man or woman) you must keep the toes of your operated leg pointed upward, not inward or out to the side.

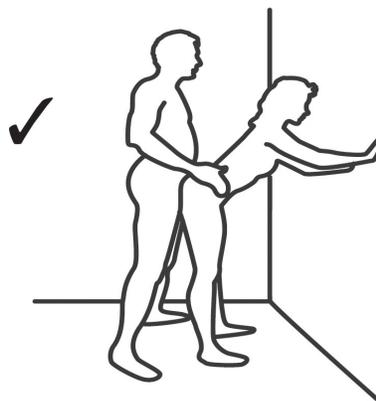


2. You may lie on either side: face-to-face or back-to-front (spooning) but lying on your operated hip may be too painful.

When your operated hip is on top, add pillows to support your leg up off the surface of the bed so that it does not cross or twist inward.



3. A supported standing position is safe, whether you are in front or behind.

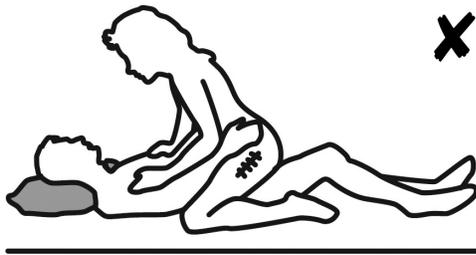


**These positions should be AVOIDED:**

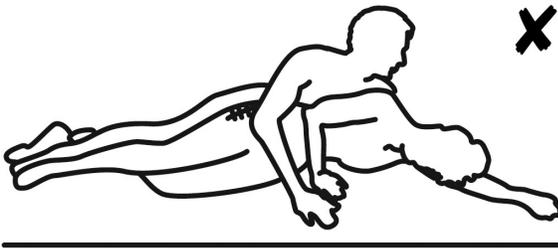
1. Sitting on any surface bends the hip too far.



2. Kneeling on top of your partner bends your hip too far.



3. Lying on your side without your operated leg supported crosses your hip too far.



4. Bending over any surface, bends your hip too far.



**If you dislocate your hip during intercourse you will have severe pain and your leg may be turned in and very hard to move. Get help to lie down and have your partner call an ambulance.**

If you have any questions or concerns about this information, please talk to your physician, therapist or any member of your health care team.

