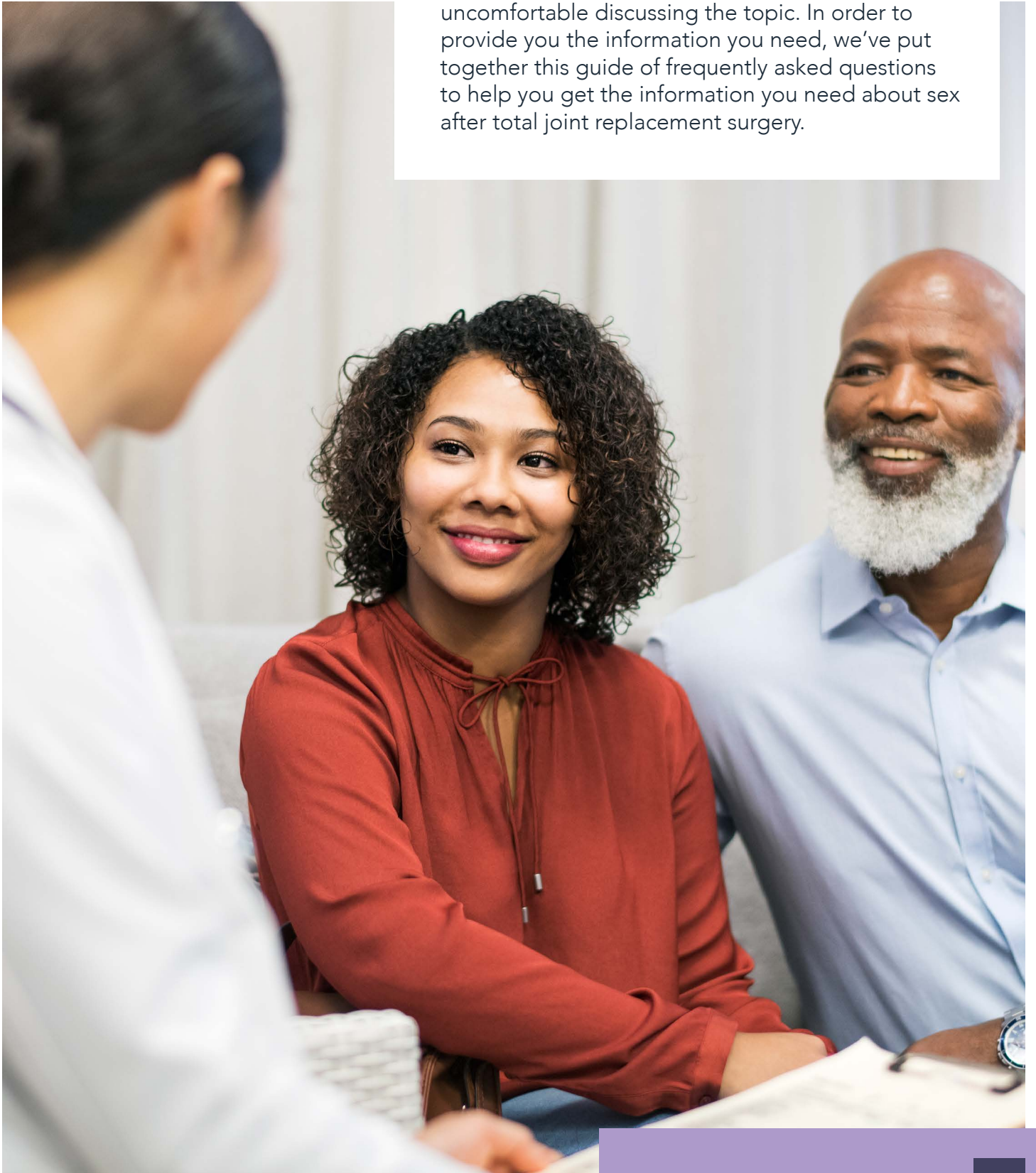


**Frequently Asked
Questions About
Sex After Joint
Replacement Surgery**

Many total joint replacement patients report that their lives improve dramatically after having a hip or knee replaced, and that includes improvements in their sex lives. Discussing sex with a stranger can be uncomfortable and sometimes patients will avoid asking important questions because they feel uncomfortable discussing the topic. In order to provide you the information you need, we've put together this guide of frequently asked questions to help you get the information you need about sex after total joint replacement surgery.



Will my sex life improve after joint surgery?

The short answer is yes. With improved mobility after joint replacement surgery, most patients can enjoy sex again without pain. Be mindful that the return of your sexual desire depends on your age, extent of your surgery, your post-op pain levels, and your improvement in physical therapy. The further you are in your recovery, the more improvement you will feel in your new joint, which will aid in your sex life.

Should I ask my total joint specialist for permission to have sex?

If you are feeling pain free again, able to walk on your own, and feel in control of your body, you do not need to ask your total joint specialist if you are able to have sex. If you prefer to discuss with your provider, you are welcome to do so. This is a common question and your surgeon will be able to give you advice.

How long after joint replacement surgery can I have sex again?

Sex after joint surgery depends on your recovery. Some post-operative patients report having intercourse around three to four weeks after surgery. It's important to listen to your pain level. You don't want to push yourself to do something your body isn't ready to do. This will only prolong your pain and limit your mobility. If you are having more than one replacement done at a time, if you are older and/or if you have other existing medical conditions, it may be longer before you can engage in intercourse.

What are acceptable sex positions after total joint surgery?

Whatever positions you find comfortable are acceptable. As you continue to recover from your total joint replacement, you will also become more comfortable and capable during intercourse. It's important to go at your own pace and ease back into sex after total joint replacement surgery.

Helpful Tips

- ✓ Do rehab exercises before having sex so you are stretched out and more relaxed.
- ✓ Ease into comfortable, low impact positions.
- ✓ Avoid unsafe or uncomfortable positions and sudden movements.
- ✓ Use pillows or towels to prop up your body or leg and make positions more comfortable.
- ✓ Do not overdo it; if it hurts, stop.



Questions?

If you have questions about the content in this document or your progress related to your surgery, please contact your physician.