Frequently Asked Questions About Sex After Joint Replacement Surgery
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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 nerve-racking and uncomfortable, and it can be even more so after a undergoing surgery and having already endured limited mobility for some time.

We’ve put together this guide of frequently asked questions to help you avoid that awkward conversation about sex after total joint replacement surgery and understand the do’s and don’ts.
Will my sex life improve after joint surgery?
With improved mobility after joint replacement surgery, most patients are able to enjoy sex again without pain.

However, 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.

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 if you have other existing medical conditions, it may be longer before you can engage in intercourse.

How can I avoid getting injured during sex after joint replacement?
You should feel confident in physical activity. Don’t be afraid to communicate with your partner to let them know if you have pain or if you are uncomfortable.

Make sure your incision is healing, your pain is reduced and you have regained your balance.

If you had your knee replaced, you are at less of a risk than a total hip replacement patient.

Knee replacement patients can avoid the use of their leg during sex. If you have had your hip replaced, sex can be more dangerous (especially women).
Should I ask my total joint specialist for clearance?
If you are feeling pain free again, are able to walk on your own and feel in control of your body, you don’t need to ask your total joint specialist for clearance, but if you want to check with your surgeon that is okay too.

It is a common question, and your surgeon will be able to give you advice.

“Many patients—both men and women—ask me this question in the office,” says Dr. Frank Kolisek, a total joint specialist at OrthoIndy. “I basically tell them you can start having sex whenever you feel like it, which is usually after four weeks for most patients.”

“The bottom line is to use common sense and avoid putting pressure on your operative leg, do not kneel, avoid extreme positioning of your leg and do not let your partner lay on your leg.”
What are acceptable sex positions after total joint surgery?
If you have had a hip replacement or a knee replacement, you should approach any position with caution and avoid weight on your surgical leg.

• **Missionary Position**
The female total joint patient lays flat on her back, keeping her legs straight. Pillows can be used to support the surgical leg.

• **Sitting in a Chair**
After surgery, sitting in a chair during sex can relieve pain and pressure for male total joint patients.

• **Standing Position**
This position works for male or female total joint patients; however, your knee or hip should be strong enough to keep balanced while standing.

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.

With years of experience and the most advanced technology, OrthoIndy total joint specialists will give you the best chance possible to achieve your recovery goals. Make an appointment and let OrthoIndy’s team of experts help you get normal back, whatever your normal looks like.

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