



London Health Sciences Centre

Patient Information

**Sex after
Joint
Replacement**

Resuming Sexual Activity after Surgery

Sex after Joint Replacement Surgery

Many people have questions about resuming sexual activity after joint replacement surgery. This booklet will show examples of sexual positions that you may find comfortable while still protecting your new joint.

In general, most people are able to return to sexual activity after their surgery. However, this depends on:

- Your surgeon's recommendations
- How comfortable you feel, physically and mentally
- Your ability to remember to follow your movement and activity restrictions to protect your new joint.

You should always:

- Communicate with your partner. Let them know what is most comfortable or if you have pain.
- Make sure you are in a comfortable position. You may find pillows helpful to assist with positioning.
- Avoid sudden movements, use caution

Remember:

- There are other ways to enjoy sex other than intercourse such as holding hands, touching, hugging and kissing.
- Healing takes time!

After hip joint replacement surgery, you must remember:

- Do not bend your hip $> 90^\circ$
- Do not cross your legs
- Do not twist your leg too far in or out

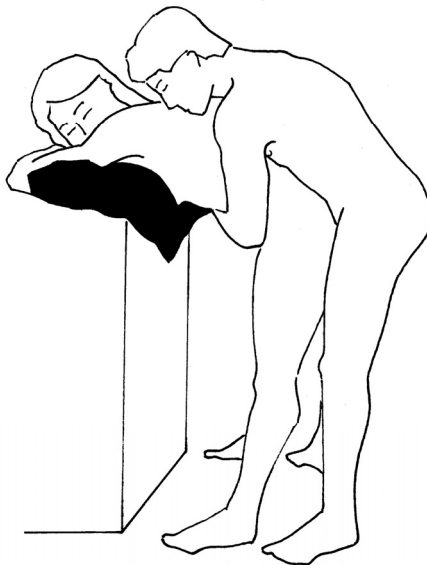
After knee joint replacement surgery you should only kneel if it is comfortable to do so but avoiding prolonged or repetitive kneeling.

Safe Positions

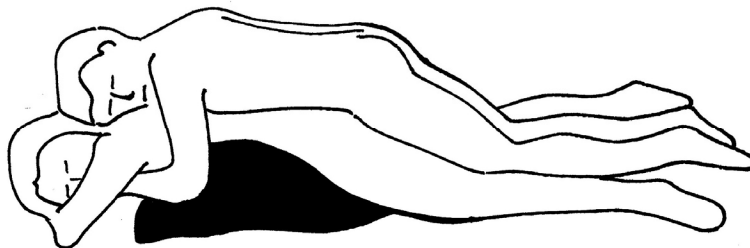
The following pictures show recommended positions following joint replacement surgery. These positions are safe because they incorporate your activity and movement restrictions as advised by your surgeon or therapist. These positions should be followed for 3 months following your surgery. It is up to you to choose what works best for you.

Male with Joint Replacement

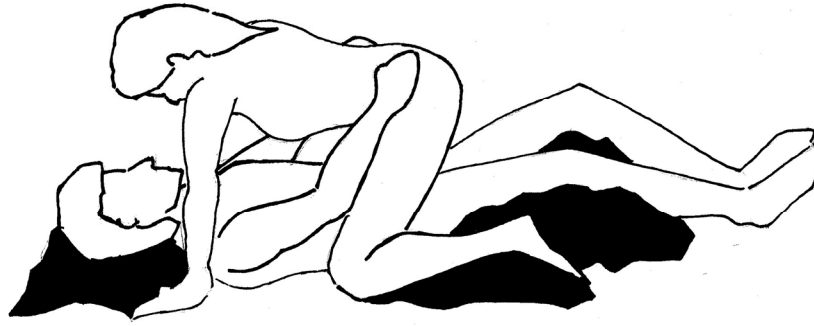
1. Standing without bending your hip $> 90^\circ$.



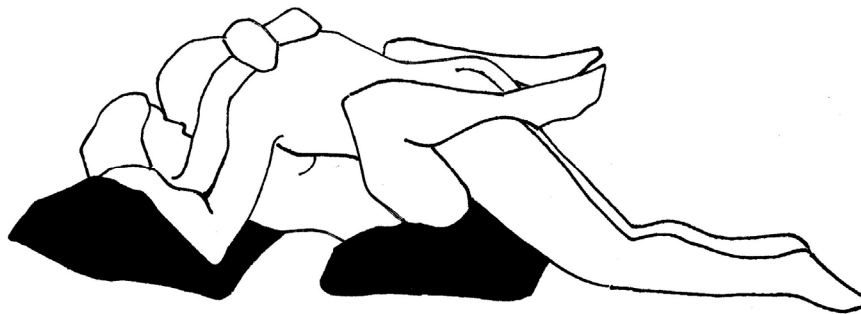
2. You and your partner lying on your stomach with your partner supported by a pillow.



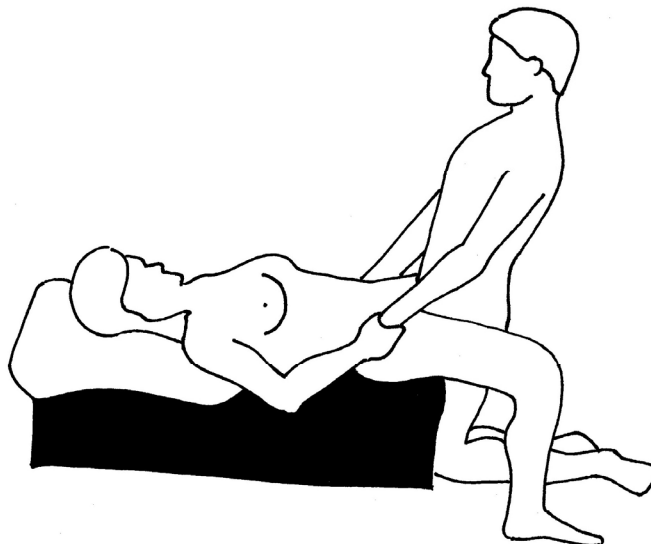
3. Lying on your back with pillows supporting your head and legs.



4. Your partner lying on her back supported by pillows under her head and legs.

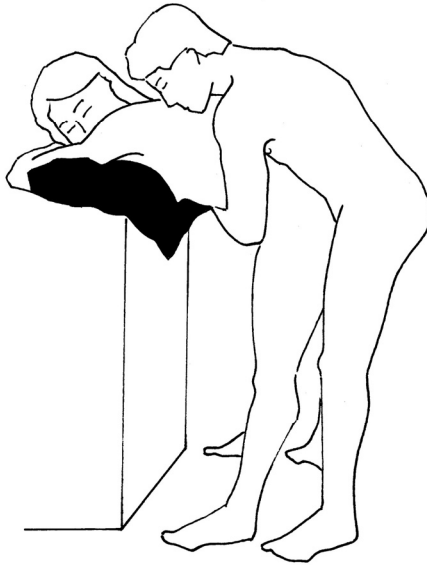


5. Your partner lying on her back on an elevated surface. Position may not be suitable after total knee joint replacement.

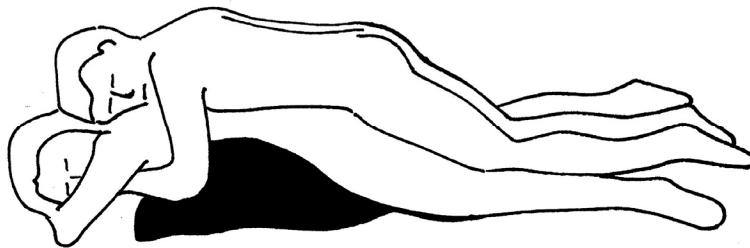


Female with Joint Replacement

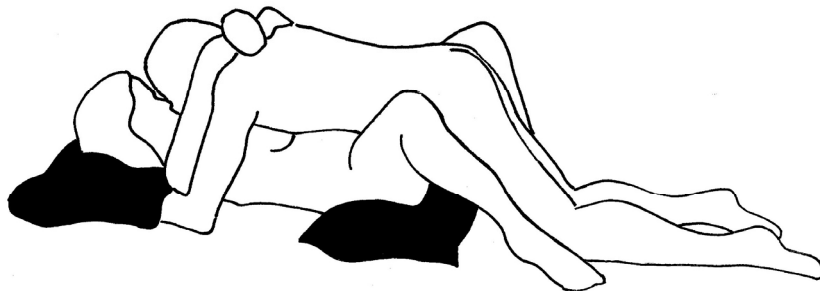
1. Standing without bending your hip $> 90^\circ$.



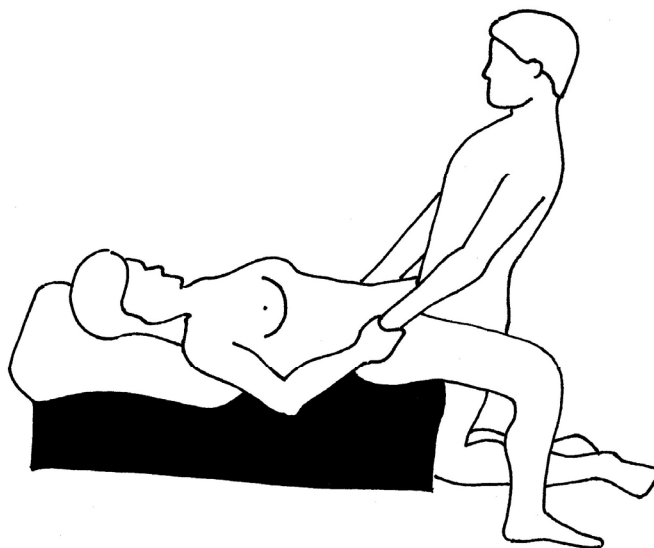
2. Lying on your stomach with a pillow supporting you.



3. Lying on your back with pillows underneath your head and hips. Do not bend your hip $> 90^\circ$.



4. Lying on your back on a supported surface with your hip out straight and your feet flat on the floor.



If you have questions about returning to sexual activity after joint replacement surgery, please contact your orthopaedic surgeon or occupational therapist.

Acknowledgements

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