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## **PATIENT INFORMATION – HIP PAIN AFTER A FALL**

### **What to do once home:**

- Take any \*painkillers or medications you have been prescribed as instructed
- Don't do anything that makes your hip pain worse
- Have plenty of rest but use your leg if it does not cause too much pain
- Follow any advice you have been given about walking or doing specific exercises
- If you have been given any walking aids make sure you use them as advised
- If you have been given any appointments for physiotherapy or a falls group make sure you attend

### **You should come back to A & E or contact your GP if:**

- You still have pain after a week or the pain worsens
- The pain relief medication is not helping you
- The pain is affecting your other hip or other joints
- There is any swelling or deformity to the hip.
- You're unwell or feel feverish
- You have pain at night that significantly disturbs your sleep

### **\*Pain relief advice**

You may have been given some pain relief by the health professionals in the Accident and Emergency Department. If this runs out and you need further pain relief, you can speak to a pharmacist for advice. Some common painkillers are available to buy over the counter, for e.g.

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paracetamol or ibuprofen. Always follow the instructions on the packet if you are taking these, and seek further advice from the pharmacist should you have any concerns, particularly if it is for a child.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the Choose Well website at [www.choosewellwales.org.uk](http://www.choosewellwales.org.uk)

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact [ppi.team@wales.nhs.uk](mailto:ppi.team@wales.nhs.uk)

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47  
[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)