

General advice for turning in bed

For people who have had recent surgery

- > If you have recently had or are soon to have a hip replacement it is important that you find out how to move in bed properly after your operation. You should not attempt to turn over in bed for the first 3 months after the operation as there is a risk of dislocating your hip.
- > If you have had any surgery in the past 3 months and have been offered equipment to help you turn in bed it is very important that you seek advice about how to use it properly to avoid any injury to yourself after surgery.

For people who have a carer(s) to help them turn in bed

- > If you have a carer who is currently helping you turn in bed, you must discuss the solutions offered with them to ensure that it will not affect their work. However, the solution offered may mean that you will be able to turn yourself, reducing the need for a carer.

General guidance

- > If your mattress is very soft and dips in the centre causing you to roll into the middle of the bed, this could be making it more difficult to

turn. If this is the case then we recommend you replace your mattress.

- > If you are unable turn over in bed and lay in one position for long periods, you should seek advice on how to stop pressure sores.
- > If you feel that even with the solutions offered, you will still have difficulty turning, you should seek additional advice or help from your doctor or practice nurse.
- > Some people have found that starting to turn by turning your head and then reaching your arm in the direction that you wish to turn towards can make the movement easier for you.