

# Discover a Renewed You

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HIP REPLACEMENT SURGERY GUIDE

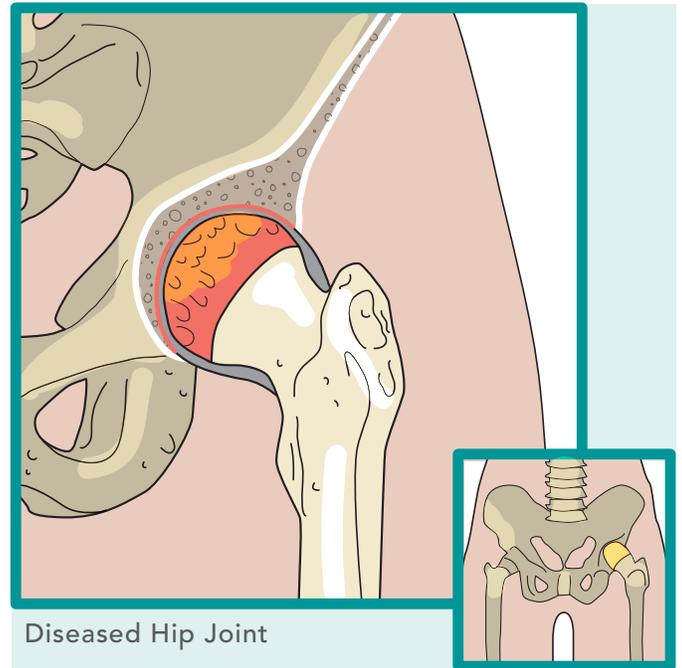


# Your Guide to Hip Replacement Surgery

## REASONS FOR SURGERY

Osteoarthritis is the most common cause of hip joint damage leading to hip replacement surgery. The damage is typically caused by wear and tear on the joint when the cartilage (the firm, rubbery tissue that cushions your bones and joint and allows bones to glide over one another) breaks down and wears away. As a result, the bones rub together, causing pain, swelling and stiffness.

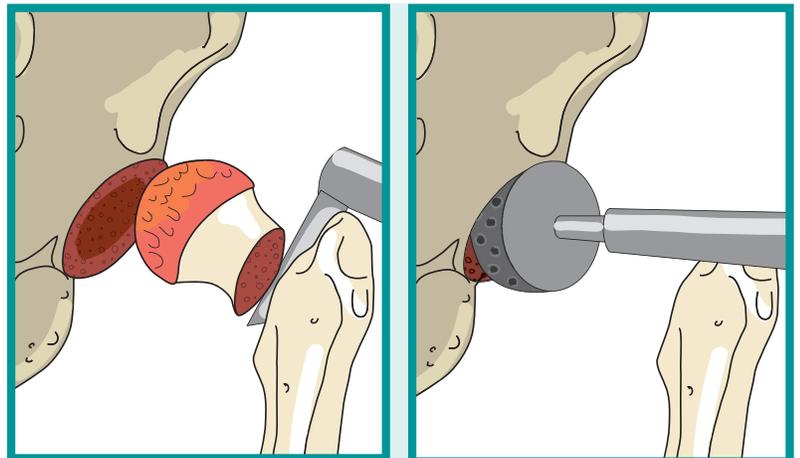
The most common reason to have a hip joint replaced is to relieve severe arthritis pain that limits your mobility. Hip joint replacement is recommended for people age 60 and older that are experiencing these conditions. This is because most artificial hips do not last more than 20 years.



## PROCEDURE – PART 1

Hip joint replacement is surgery to replace all or part of the hip joint with a man-made or artificial joint. The artificial joint is called a prosthesis. The artificial hip joint has four parts:

- A socket that replaces your old hip socket. The socket is usually made of metal.
- A liner that fits inside the socket. It is usually plastic, but some surgeons use ceramic and metal. The liner allows the hip to move smoothly.
- A metal or ceramic ball that will replace the round head (top) of your thighbone.
- A metal stem that is attached to the shaft of the bone.



The head of the femur and a layer of the hip socket are removed.

This surgery usually takes one to three hours. After you receive anesthesia, your surgeon will make an incision (cut) to open up your hip joint. Then your surgeon will:

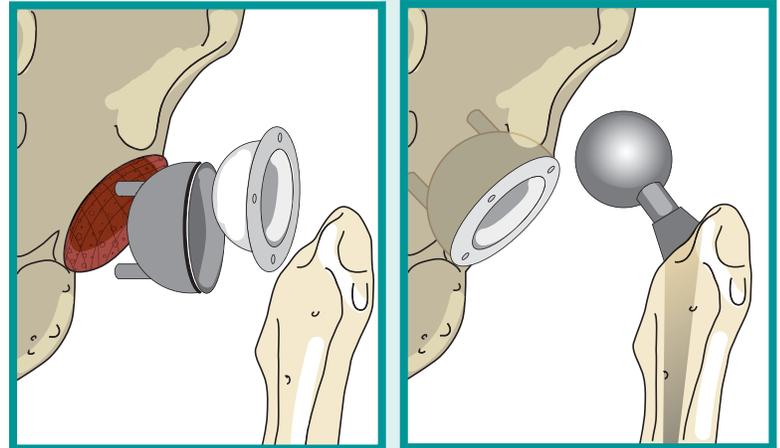
- Remove the head of your thigh (femur) bone.
- Clean out your hip socket and remove the remaining cartilage and damaged or arthritic bone.

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## PROCEDURE – PART 2

Next, the surgeon will:

- Put the new hip socket in place and insert the metal stem into your thighbone.
- Check your hip's stability and place the correctly sized ball for the new joint.
- Fix all the new parts in place, sometimes with a special cement.
- Repair the muscles and tendons around the new joint.
- Close the incision.
- A small drainage tube may be placed during surgery to help drain excess fluids from the joint area. A large dressing will cover the hip area.

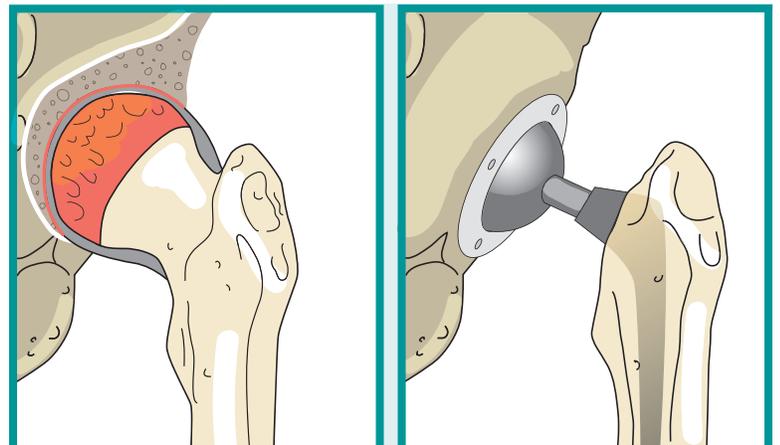


A metal ball and stem are inserted into the femur and a plastic socket is placed into the enlarged pelvis cup.

## AFTERCARE

You will have some pain after surgery. However, you may receive intravenous (IV) medicine to control your pain for the first three days after surgery. The pain should gradually get better. By the third day after surgery, you should be able to manage your pain with oral medication. You will also receive antibiotics to reduce the risk of developing an infection.

Depending on your specific case, you could stay in the hospital anywhere from one to five days. Full recovery will take from two months to a year.



Before

After

## AFTERCARE (CONTINUED)

Before you put any weight on your side with the new hip, make sure to get your doctor's okay. Physical therapy will begin immediately after surgery, prior to hospital discharge. The goals of this therapy include independent walking on a flat surface with a walker; independent and safe bed, chair and automobile transfers; and proper understanding of precautions and exercises. Your doctor or physical therapist will give you exercises to do at home.

By the time you go home, you should be able to walk with a walker or crutches without needing much help. Use your crutches or walker for as long as you need them. Most people do not need them after two to four weeks.

## WHAT TO EXPECT FROM HIP REPLACEMENT SURGERY

- Hip replacement surgery results are usually excellent. Most or all of the hip pain and stiffness should go away. Some people may have problems with infection or even dislocation of the new hip joint.
- Therapy is a crucial component to regaining range of motion. If completed successfully, one can expect to return to normal activity level, aside from high-impact sports or activities.