

HIP REPLACEMENT

Surgery Can Help Relieve Pain Hip replacement surgery may be recommended by your physician as treatment for pain relief. During the replacement procedure, the damaged hip joint is replaced with an artificial implant (called prosthesis).

Benefits of Hip Replacement

- Reduces joint pain
- Increased leg strength
- Improved quality of life
- Easier movement

A Damaged Hip Movement suffers when parts of the hip are damaged. Cartilage starts to crack or wear away. Damage may keep increasing, since cartilage cannot repair itself. Stiffness is an early symptom, as the ball starts to grind in the socket.

Hip Replacement Surgery is typically performed for conditions such as:

- **Osteoarthritis** This is often due to wear and tear. Over time, cartilage may begin to crack causing the bones to rub together and wear down the socket.
- **Inflammatory Arthritis** Chronic diseases such as rheumatoid arthritis can cause inflammation in the joint lining. Over time, the cartilage becomes worn, and the joint may become painful.
- **Fracture of the Hip** A bad fall can fracture (break) the bone. Over time, the joint may slowly wear down.
- **Necrosis of the Ball of the Hip** A bad injury or long-term use of alcohol or steroids can reduce blood supply to the bone. Without blood supply, the bone will die (necrosis) and the joint will decay.

Your Treatment Plan The results of your exam and tests are used by your physician to form a treatment plan that is right for you. Depending on your age and the amount of damage, your physician may recommend hip replacement surgery. A total hip replacement last many years, and can often be repeated if the first prosthesis wears out. Your physician may recommend delaying surgery if you are still fairly young. Medications or changes in lifestyle may help control your symptoms until the time is right for your hip replacement.

Discuss Your Medications To avoid problems during and after surgery, you may need to stop taking certain medications before your hip replacement. Some medications don't mix well with anesthesia. Others can increase bleeding. It is important that you provide your physician with a list of the medications you take – including over-the-counter ones such as aspirin and/or ibuprofen.

Finish Dental Work Finish any dental work that is underway, and have tooth and gum problems treated before surgery. If you don't, germs in your mouth could enter your bloodstream and infect your new joint. An infection is a serious complication. In some cases, the prosthesis would have to be removed to treat the infection.

Risk and Complications Possible risks and complication of hip replacement include.

- Reaction to anesthesia
- Blood clots
- Infection
- Dislocation of the joint or loosening of the prosthesis
- Damage to blood vessels, nerves, or bones
- Thigh pain

Learn to Move Safely An artificial hip has a limited safe range of motion until it is fully healed. It can not bend and turn as much as a natural hip. Your therapist will teach you how to stay within your new hip's safe range of motion.

Walking Again Within hours after surgery, you may begin to stand and walk. A physical therapist will teach you how to use a walker, and how much weight, if any, to put on your new hip.

See Your Physician It is important to see your physician for scheduled follow-up visits. Your sutures or staples will be taken out about 2 weeks after surgery.

When to Call Your Physician

- An increase in hip pain
- Pain or swelling in your calf or leg
- Unusual redness, heat, or drainage at the incision site
- Trouble breathing or chest pain
- Fever over 101° F

Maintaining Your New Hip An infection in your body could harm your new joint. Talk to your physician before scheduling medical or dental procedures. You may need to take antibiotics to prevent infection.