



Hip Replacement Surgery



HIP REPLACEMENT SURGERY

HIP ARTHROPLASTY IS A SURGICAL PROCEDURE IN WHICH THE HIP JOINT IS REPLACED BY A PROSTHETIC IMPLANT. SUCH JOINT REPLACEMENT ORTHOPEDIC SURGERY GENERALLY IT IS CONDUCTED TO RELIEVE ARTHRITIS PAIN OR FIX SEVERE PHYSICAL JOINT DAMAGE AS PART OF THE HIP FRACTURE TREATMENT. HIP REPLACEMENTS UNDER GO LOTS OF CYCLICAL STRESS.

SYMPTOMS

- Pain that keeps you awake at night
- Little or no relief from pain medications
- Difficulty in walking up or down stairs
- Trouble standing from a seated position
- Having to stop activities you enjoy, such as walking, because you're in too much pain.

Complication

In the short term post-operatively, infection is a major concern. Reported rates are about 1%. Deep infection will often require one or two stage revision surgery with an extended hospital stay and antibiotics. Recurrent dislocation is another indication for revision. The rate is also about 1%.

Wound Care

You will have stitches or staples running along your wound or a suture beneath your skin. The stitches or staples will be removed approximately 2 weeks after surgery.

Diet

Some loss of appetite is common for several weeks after surgery. A balanced diet, often with an iron supplement, is important to promote proper tissue healing and restore muscle strength. Be sure to drink plenty of fluids.

Activity

Exercise is a critical component of home care, particularly during the first few weeks after surgery. You should be able to resume most normal light activities of daily living within 3 to 6 weeks following surgery.

Your activity program should include:

- A walking program to slowly increase your mobility and endurance.
- Resuming sitting, standing, and walking up and down stairs.
- Specific exercises several times a day to restore movement.
- Specific exercises several times a day to strengthen your hip joint.
- You may wish to have a physical therapist help you at home.

Reason for THR

The most common reason for hip replacement is osteoarthritis in the hip joint. Your doctor might also suggest this surgery if you have:

- Rheumatoid arthritis (a disease that causes joint pain, stiffness, and swelling)
- Injury of the hip joint
- Bone tumors that break down the hip joint.

Causes

The most common cause of chronic hip pain and disability is arthritis. Osteoarthritis, rheumatoid arthritis, and traumatic arthritis are the most common forms of this disease.

- Osteoarthritis usually occurs in people 50 years of age and older and often individuals with a family history of arthritis.
- Rheumatoid arthritis is an autoimmune disease in which the synovial membrane becomes inflamed, produces too much synovial fluid, and damages the articular cartilage, leading to pain and stiffness.
- Traumatic arthritis can follow a serious hip injury or fracture. A hip fracture can cause a condition known as Osteonecrosis. The articular cartilage becomes damaged and, over time, causes hip pain and stiffness.

Precaution

To assure proper recovery and prevent dislocation of the prosthesis, you must take special precautions:

- Do not cross your legs.
- Do not bend your hips more than a right angle (90°).
- Do not turn your feet excessively inward or outward.
- Use a pillow between your legs at night when sleeping until you are advised by your orthopedic surgeon that you can remove it.

Risks

- Blood clots.
- Infection
- Dislocation

Before Surgery

- Arrange for someone to help you around the house for a week or two after coming home from the hospital.
- Set up a "recovery station" at home. Place the television remote control, radio, telephone, medicine, tissues, wastebasket, and pitcher and glass next to the spot where you will spend the most time while you recover.
- Place items you use every day at arm level to avoid reaching up or bending down.