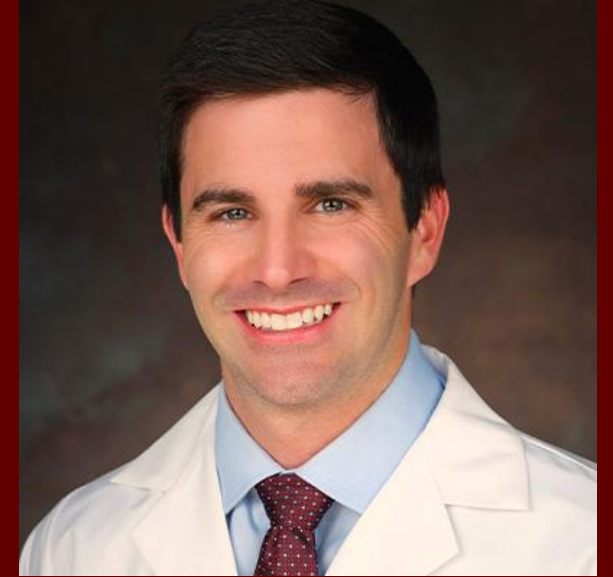


Dr. Burrow's General Hip Replacement Information



General information can also be found at:

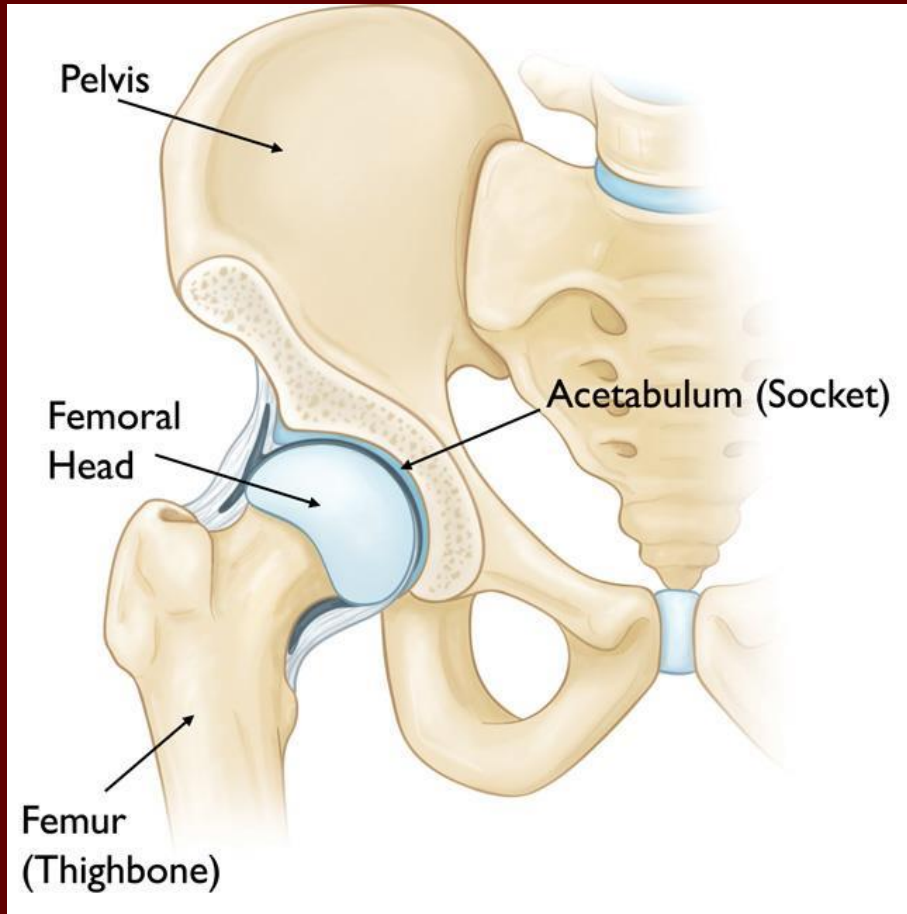
Total Hip Replacement - OrthoInfo – AAOS

<https://orthoinfo.aaos.org/en/treatment/total-hip-replacement>

Total Hip Replacement - AAHKS

<https://hipkneeinfo.org/hip-care/total-hip-replacement/>

Hip Anatomy



1. Bones

- Femur (thigh bone): Has a rounded top called the femoral head — this is the ball
- Pelvis (hip bone): Contains a curved area called the acetabulum — this is the socket

2. Cartilage

- A smooth tissue that covers the ball and socket
- Helps bones glide over each other without pain

3. Synovial Fluid

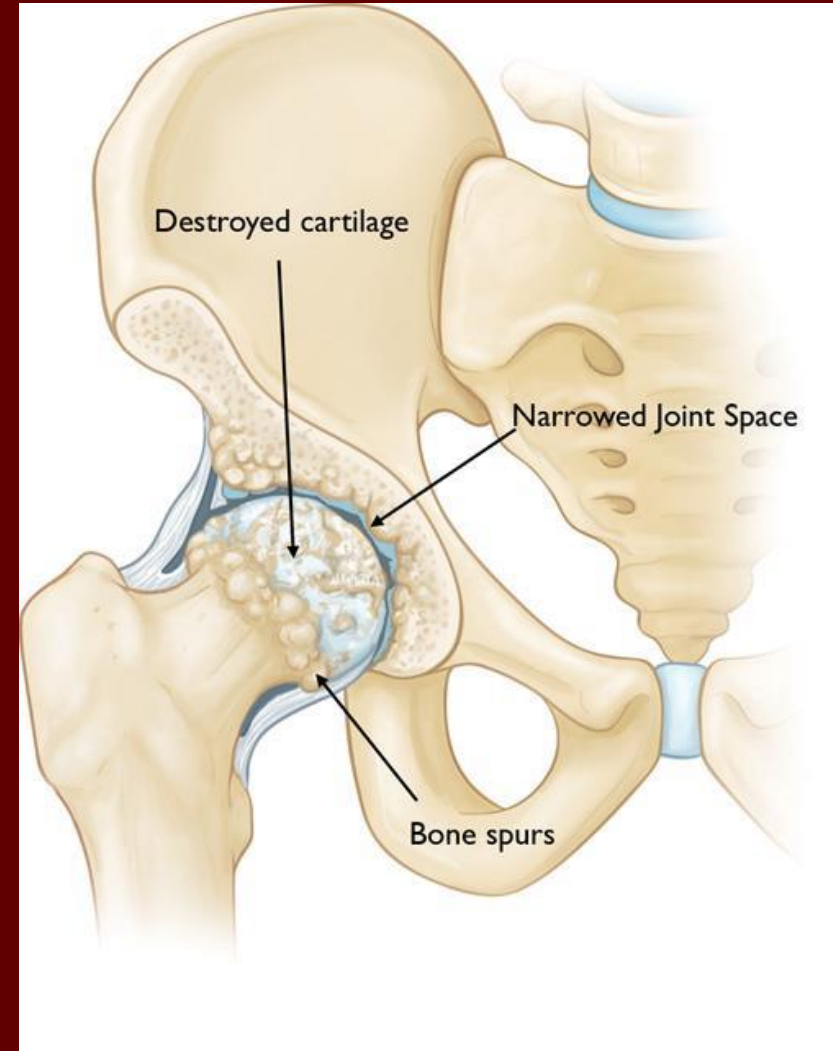
- A natural lubricating fluid made by the joint lining
- Reduces friction and helps movement

4. Muscles

- Muscles around the hip help with walking, standing, and lifting your leg

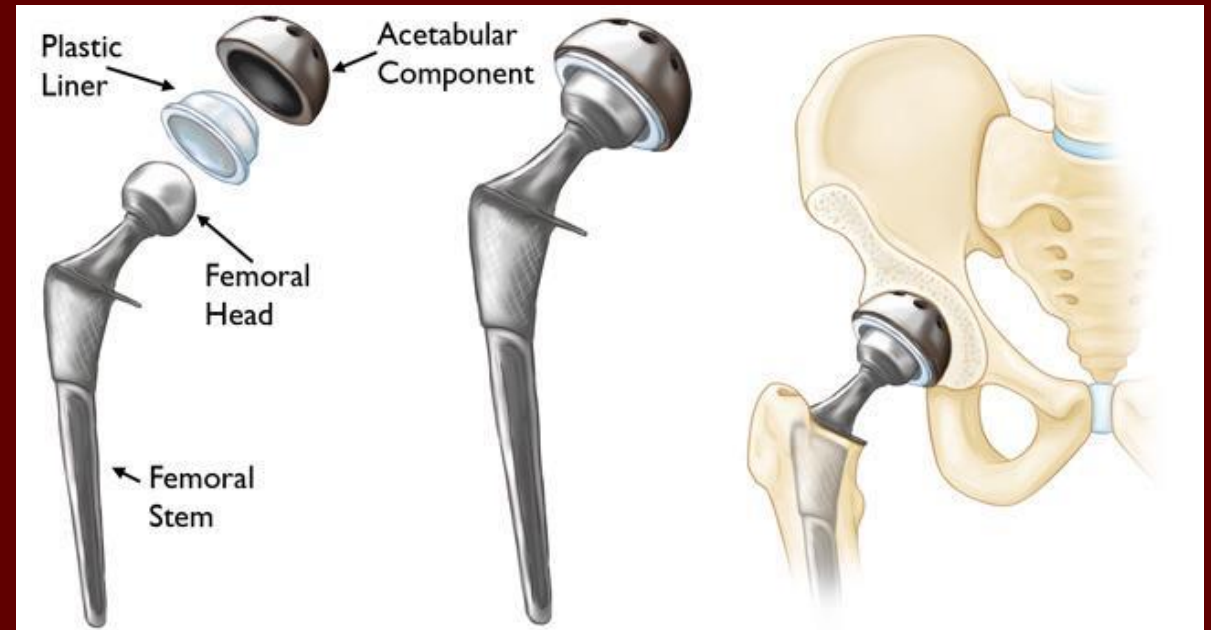
What Happens in Hip Arthritis?

- The **cartilage wears down**
- The bones may rub together (bone-on-bone)
- Inflammation and pain increase
- Movement becomes limited and stiff



Hip Replacement

- The damaged bone and cartilage is removed
- It is replaced with artificial parts (called a prosthesis):
 - A metal or ceramic ball replaces the top of the femur
 - A metal cup with a plastic, ceramic, or metal liner replaces the socket
- Reduces or eliminates pain
- Improves movement and strength
- Restores quality of life



What Can You Expect After Surgery?

Immediately After Surgery (Hospital Stay or Outpatient)

- Pain and swelling in the operated leg
- **Medications** for pain and blood clot prevention
- **A bandage and dressing** on the hip
- **A physical therapist** will help you:
 - Start basic exercise within 24 hours
 - Begin walking with a walker
- **Length of stay:** Typically, 1 night
 - Some patients go home same day
 - Some patients require longer hospital stay



What Can You Expect After Surgery?



At Home: First Few Weeks

- Use a walker and transition to a cane
- We will try to get home health physical therapy to visit you at your house (sometimes insurance limits this option)
- Pain (managed with medications and ice)
- Bruising and Swelling that improves slowly over weeks
- Daily home exercises with physical therapy and use of MyMobility App
- Help with daily tasks (cooking, bathing, etc.) for the first 1–2 weeks
- Activity Goals: Walk short distances several times a day and Gradually climb stairs

What Can You Expect After Surgery?

Mid-Term Recovery: 6 Weeks – 3 Months

- Improved walking ability (less use of walker or cane)
- Starting to return to **daily activities**
- Light household tasks and driving
 - Usually by 4–6 weeks
- Some **stiffness, swelling, and fatigue** are normal, especially after activity



What Can You Expect After Surgery?

Full Recovery: 3 – 12 Months

- Most people return to **normal activities** by 3 months
- You'll keep improving in strength, balance, and comfort
- Final recovery may take up to 1 year
- Most patients return to:
 - Walking, swimming, biking
 - Low-impact sports
- Running or high-impact activities are **not recommended**



Risks of Surgery

HIGH

MODERATE

LOW

All surgeries have risks. Although all of these are VERY RARE, the risk is not zero

1. Infection

- May happen at the incision site or deep in the joint
- Can occur soon after surgery or even months/years later
 - **Prevention:** Antibiotics during and after surgery, proper wound care

2. Blood Clots (DVT or PE)

- **Deep vein thrombosis (DVT):** A clot in the leg
- **Pulmonary embolism (PE):** A clot that travels to the lungs
 - **Prevention:** Blood thinners, walking early, compression devices

3. Dislocation

- The new ball can pop out of the socket, especially early on
 - **Prevention:** Avoid bending too far, twisting, or crossing legs, Follow all hip precautions as instructed by therapist

4. Leg Length Difference

- Some patients feel one leg is longer or shorter than the other
- Often improves over time or can be adjusted with shoe inserts

Risks of Surgery

All surgeries have risks and although all of these are VERY RARE, the risk is not zero

5. Nerve or Blood Vessel Injury

- Rare, but nerves or blood vessels near the hip may be injured
- Can cause numbness, weakness, or circulation issues
 - It is common to have to some numbness on the side of your hip
 - This will get small with time

6. Persistent Pain

- Some people continue to feel pain even after healing
- May be due to scar tissue, nerve sensitivity, or unrelated causes

7. Loosening or Wear of the Implant

- Artificial parts can loosen over many years
- May require revision (repeat) surgery



8. Less Common but Serious Risks

- **Anesthesia complications** (nausea, breathing issues, allergic reaction)
- **Fracture** of bone during or after surgery

9. Other Imponderables – Things can happen that cannot be predicted