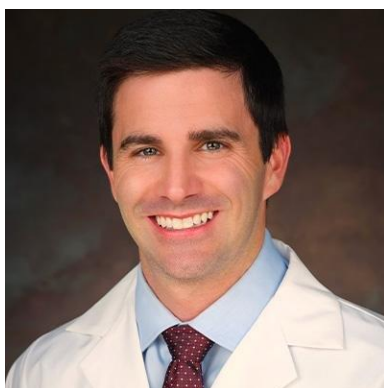


Thinking About Hip Replacement



Zac Burrow, MD, DPT

I want you to know that I understand this is a big decision, and it often comes after months or even years of pain, limitation, and frustration.

My goal is simple: to help you feel better, move better, and get back to the life you enjoy.

I care deeply about your outcome—not just in the operating room, but in your recovery and long-term success. Every decision we make is centered around what is safest, most effective, and best for *you* as an individual.

This guide is designed to walk you through the process, answer common questions, and help you feel confident and prepared every step of the way. You are not going through this alone—we are a team, and I am committed to supporting you throughout your entire journey.

Thank you for trusting me with your care!

Pictures in this guide were obtained from AAOS, HEP2Go.com, or generated with ChatGPT

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/>
- Video - Total Hip Replacement Animation - OrthoInfo - AAOS
<https://orthoinfo.aaos.org/en/treatment/total-hip-replacement-animation/>

Important Phone Numbers

- **Dr. Burrow Direct Line:** 918-927-3258
 - Call for refills of medications, general questions/concerns
 - May also use online patient portal
 - MyMobility App is not monitored
- **Surgery Scheduling:** 918-927-3301
 - Scheduler will call you to schedule surgery once all clearances are obtained
 - Call for any surgical scheduling questions
 - Cancel, reschedule, etc.
- **Billing Department:** 918-927-3737
 - Any billing questions for AOOK
- **Brace Shop:** 918-927-3308
- **Hospital Pre-Admission Testing:**
 - Oklahoma Surgical Hospital: 918-477-5073
 - St. John Broken Arrow: 918-994-8045
- **Urgent Surgical Problem:** 918-494-2665
- **Emergency:** 911

Hip Anatomy: Understanding Your Joint

Your hip is a **ball-and-socket joint** that allows you to move your leg in many directions.

Bones

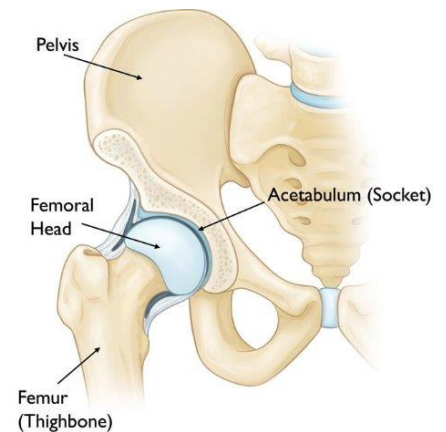
- **Femur (thigh bone):**
 - The top of the femur is round. This is called the **femoral head (the “ball”)**
 - **Pelvis (hip bone):** Contains a curved space called the **acetabulum (the “socket”)**

Cartilage

- A **smooth, protective tissue** covering the bone
- Allows the joint to **move smoothly without pain**

Synovial Fluid

- A natural **lubricating fluid** inside the joint
- Helps reduce friction - Allows for smooth, easy movement



Muscles

- Surround and support the hip joint. Help you: Walk, Stand, Lift your leg, Maintain balance

What Happens in Hip Arthritis?

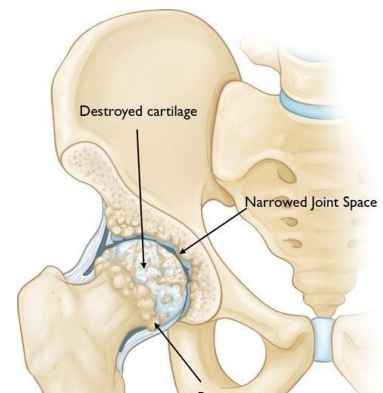
Over time, the hip joint can be worn down, leading to pain and stiffness.

Changes in the Joint

- The **cartilage wears down**
- The bones may begin to **rub together (bone-on-bone)**

What You May Feel

- Increased **inflammation and pain**
- **Stiffness** in the hip
- **Decreased movement and flexibility**



What is a Hip Replacement

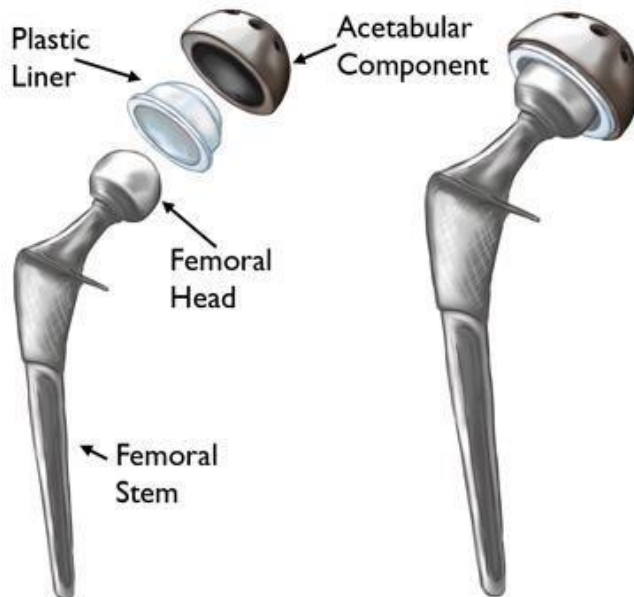
Hip replacement surgery is designed to remove the damaged joint and replace it with a new, smooth-moving surface.

What Is Done During Surgery

- The **damaged bone and cartilage are removed**
- The joint 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

Benefits of Hip Replacement

- Reduces or eliminates **pain**
- Improves **movement and flexibility**
- Helps restore **strength and function**
- Allows you to return to a **better quality of life**



Immediately After Surgery (Hospital Stay or Outpatient)

Common After Surgery

- Pain and swelling in the operated leg
- A bandage covering your hip incision
- Medications to help with: Pain control & Blood clot prevention

Physical Therapy Starts Early

- Begin **basic exercises within 24 hours**
- Help you **stand and start walking**
- Teach you how to move safely using a **walker**

Hospital Stay

- Most patients stay **1 night in the hospital**
 - Some patients may: Go home the **same day** or may need a **longer hospital stay**

At Home: First Few Weeks After Surgery

Mobility & Walking

- Use a **walker at first**, then transition to a **cane** as you improve
- Walk **short distances multiple times per day**
- Gradually work toward: Longer walks & Climbing stairs safely

Physical Therapy

- We will try to arrange **home health physical therapy**
 - This typically starts the 4th day after you return home
 - *Note: Insurance may limit this option*
- Continue:
 - **Daily home exercises**
 - Use of the **MyMobility App** for guidance

Pain & Swelling

- It is normal to have: Pain (managed with medications and ice) & bruising / swelling
- Swelling will **improve gradually over several weeks**

Help at Home

- You will likely need help with: Cooking, Bathing, Daily activities
- Plan for assistance for the **first 1–2 weeks**

Activity Goals

- Walk several times per day
- Increase activity **slowly and safely**

Mid-Term Recovery: 6 Weeks to 3 Months

Mobility & Walking

- Walking becomes **easier and more natural**
- Decreased need for a **walker or cane**

Return to Daily Activities

- Gradual return to normal daily routines
- May begin: Light household tasks
- Driving (*typically around 4–6 weeks, if cleared by your physician*)

What Is Normal

- Mild **stiffness**, Some **swelling**, **Fatigue**, especially after activity
- These symptoms are common and should improve over time

Activity Progression

- Continue to increase activity **gradually**
- Stay consistent with exercises and therapy

Full Recovery: 3 to 12 Months

What to Expect

- Most patients return to **normal daily activities by 3 months**
- Continued improvement in: Strength, Balance, Comfort
- Full recovery may take up to **1 year**

Return to Activities

- Most patients can safely return to:
 - Walking
 - Swimming
 - Biking
 - Other **low-impact activities**

Activities to Avoid

- Running
- High-impact sports
- Activities that place excessive stress on the joint

Possible Risks After Hip Replacement

While most patients do very well after surgery, it's important to understand potential risks and how to prevent them.

Infection

- Can occur: At the incision site or Deep in the joint
- May happen: Shortly after surgery or Months or even years later
- **Prevention:** Antibiotics during / after surgery & Proper wound care

Blood Clots (DVT or PE)

- **DVT (Deep Vein Thrombosis):** Blood clot in the leg
- **PE (Pulmonary Embolism):** Blood clot that travels to the lungs
- **Prevention:** Blood thinning medications, Walking early and often, Compression stockings or devices
 - Please wear compression stockings for about 3 weeks after surgery

Dislocation

- The new hip ball can come out of the socket (Most common in the **early recovery period**)
- **Prevention:** Avoiding bending too far, twisting your hip, crossing your legs
- Follow all **hip precautions** given by your therapist or surgeon

Leg Length Difference

- Some patients may feel one leg is longer or shorter
- Often improves over time
 - May be managed with: Shoe inserts & strengthening and core exercises

Nerve, Blood Vessel, or Muscle Injury

- Nearby structures can be affected during surgery (rare)
- May cause: Numbness, Weakness, Circulation issues
- Some **numbness near the incision** is common and often improves over time

Persistent Pain

- Some patients may continue to have pain after healing
- **Possible causes:** Scar tissue, Nerve sensitivity, Other unrelated conditions

Implant Loosening or Wear

- Artificial joint parts can wear out or loosen over time --> May require **revision (repeat) surgery** in the future

Fracture (Broken Bone)

- A bone can fracture: During surgery or after surgery

Other Risks

- **Anesthesia-related risks:** Nausea, Breathing problems, Allergic reactions
- **Serious medical risks (rare):** Heart attack, Stroke, Death
- **Unpredictable events:** Rare complications that cannot be fully anticipated

God Bless your recovery! I have already prayed for you during your surgery and will continue to do so. ZPB

