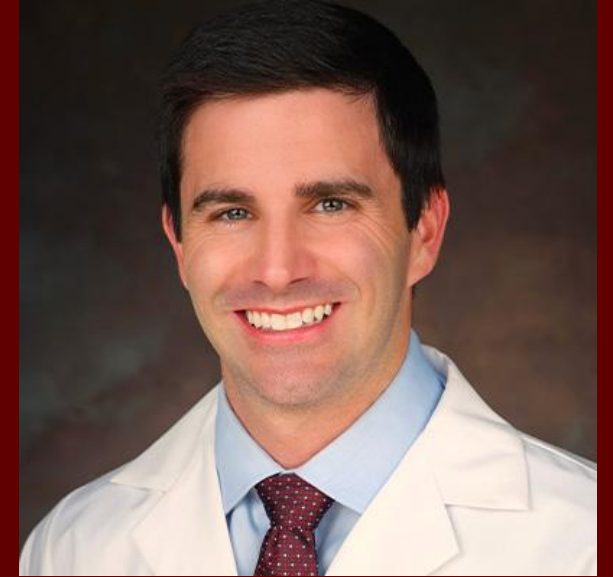


# Dr. Burrow's General Hip Replacement Information



**General information can also be found at:**

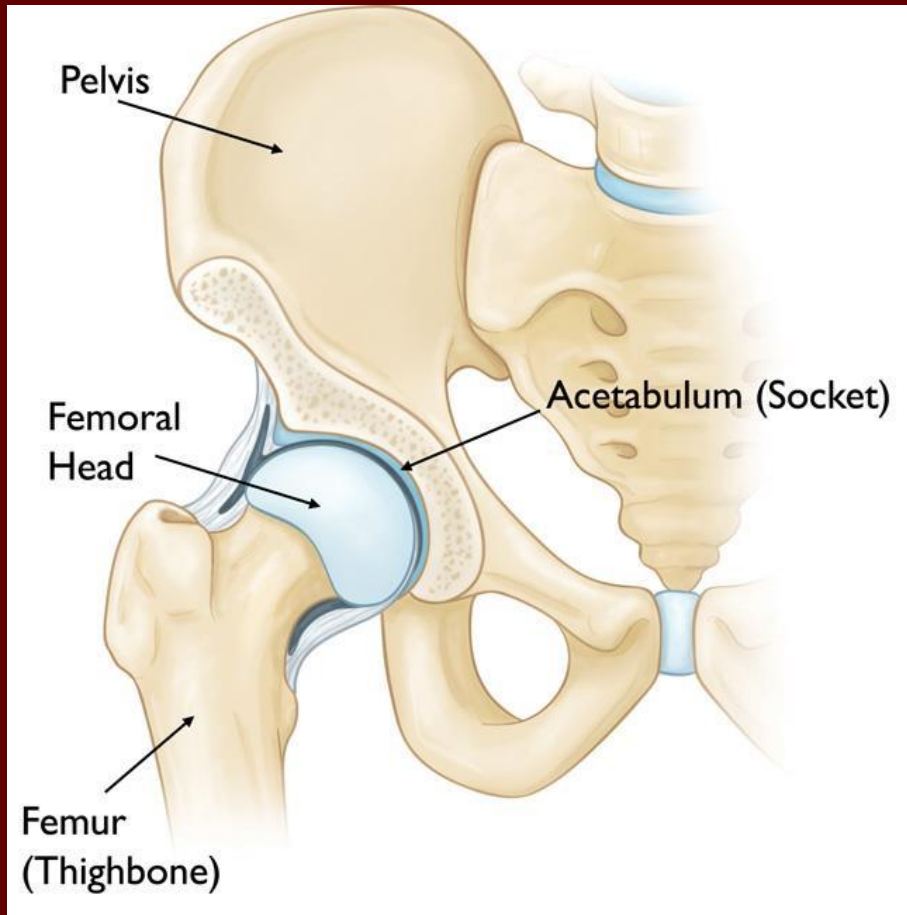
Total Hip Replacement - OrthoInfo – AAOS

<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

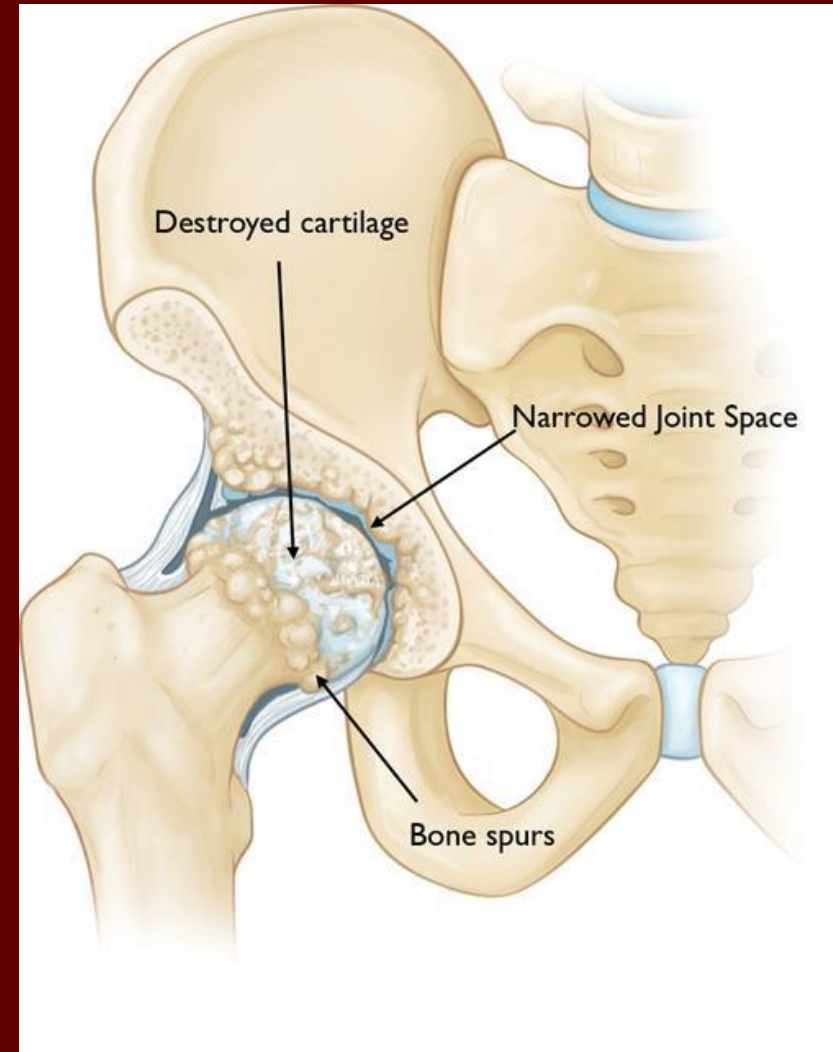
- A natural lubricating fluid made by the joint lining
- Reduces friction and helps movement

## 4. Muscles

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

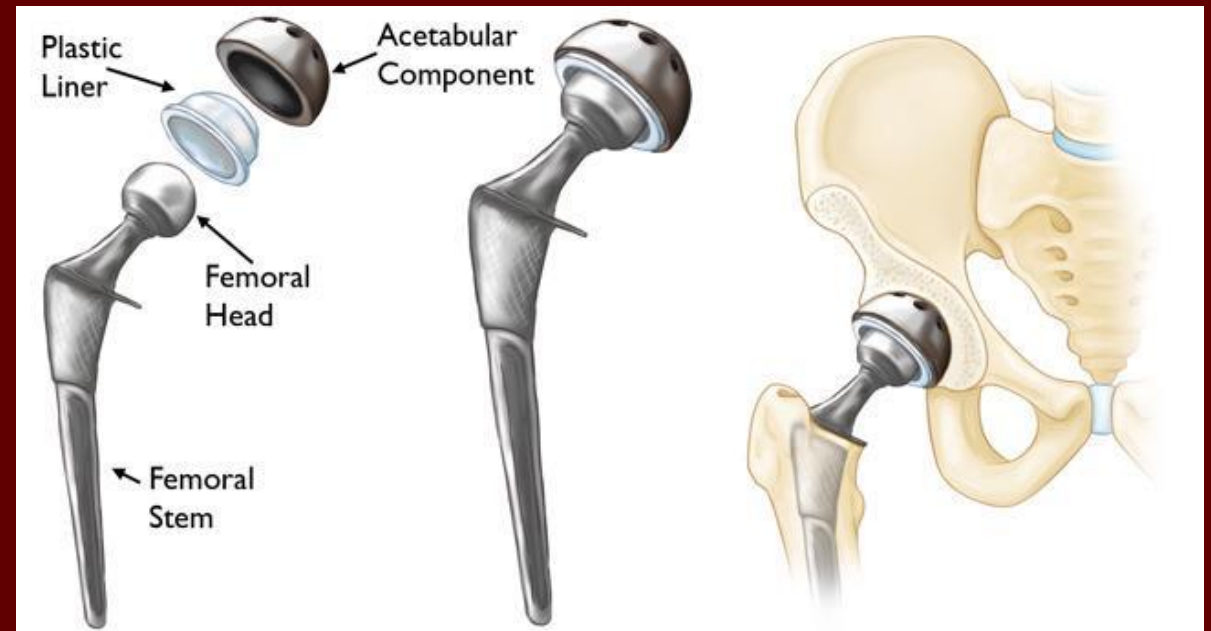
# What Happens in Hip Arthritis?

- 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