



# HIP REPLACEMENT

MOVE BACK INTO ACTION



## Understanding your surgery

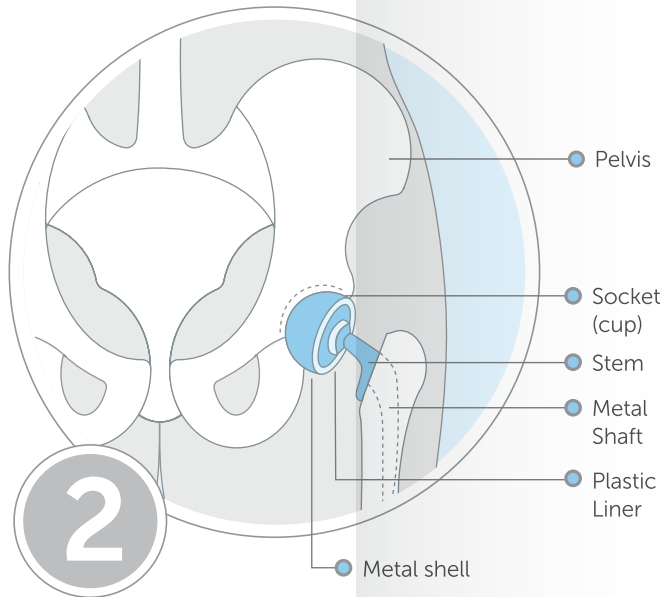
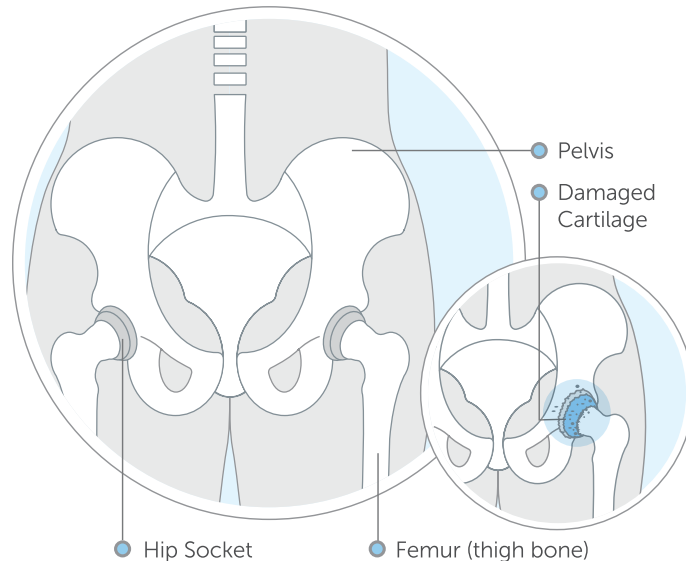
The hip is a ball and joint socket, and may require replacement surgery due to wear and tear over time. Total hip surgery replaces diseased and damaged parts of the socket (acetabulum) and rounded ball at the head of the thigh bone (femur), with specially designed metal and plastic 'ball and socket' parts (prosthetics).

To give you an overview, this procedure has been broken down into these steps:

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### STEP ONE

The femur is separated from the pelvis socket joint so that the damaged ball can be cut off. Using a reaming device, damaged cartilage and bone are removed from the hip socket.



### STEP TWO

Shell on pelvic side can be cemented or uncemented depending on the disease and surgeon preference for your particular ailment. Sometimes bone grafts are added below the cup to restore bone stock. Plastic or ceramic liners are used in uncemented cup depending on your disease, your age and surgeon preference.

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### STEP THREE

Cemented or uncemented femoral stem is inserted into the thigh bone (femur) depending on the above mentioned factors. A metal or ceramic ball (head) is attached to the stem tip to complete the hip joint articulation.

### Post your surgery

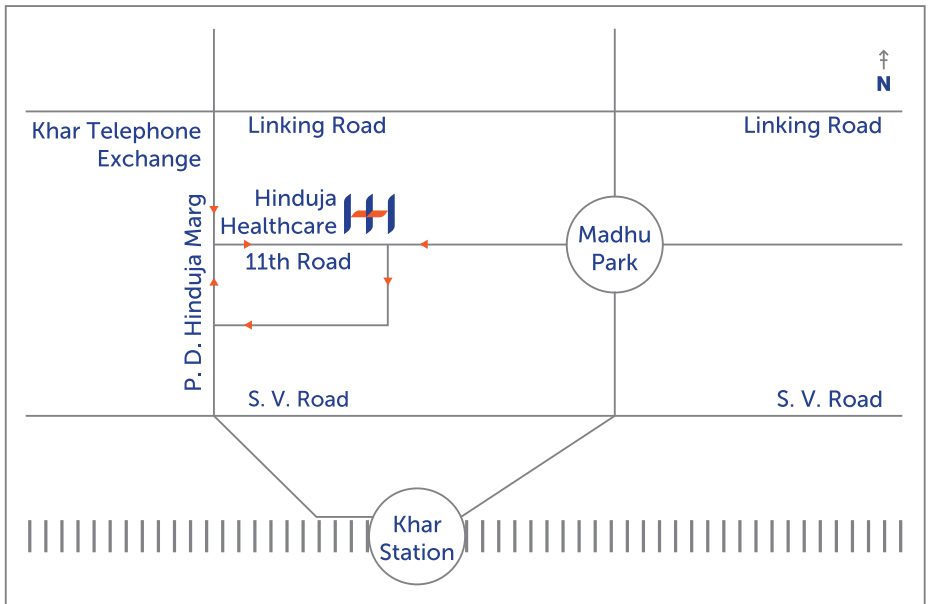
Your hospital stay may last 2 to 3 days, during which time you will recover from your anaesthesia, and the surgery. Although you could start moving and walking as soon as the first day after surgery, you will need to be careful about moving, especially for the first few months. Physical therapy is necessary for rehabilitation, and certain exercises will help strengthen your new hip.

### Here are a few precautions to take after your surgery:

- Avoid crossing your legs or ankles when sitting, standing, or lying down
- While dressing up, don't stand, bend over or raise your legs
- Change your sitting position every 30 to 40 minutes
- Sit in a firm chair with a straight back and armrests
- Don't sleep on the side of your new hip or on your stomach
- Car seats should not be too low-sit on a pillow if you need to
- Break up long car rides- stop, step out and walk every 2 hours
- Don't drive until your doctor permits
- Use crutches or a walker until your doctor says

Hip joint replacement surgery is one of the most successful joint surgeries performed today. It is highly effective in reducing the pain and the effects of damaged hip joints.

The benefits of this procedure could last up to 15 years in most patients, and with new techniques, long-term results have only been improving.



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Hinduja Healthcare Surgical • 11<sup>th</sup> Road, Khar (W), Mumbai 52.

**For Appointments:** +91 22 3091 8989/6154 8989 • **For Enquiries:** +91 22 2646 9999/6174 6000 • [www.hindujahealthcare.com](http://www.hindujahealthcare.com)