



# Pre-Op

Planning for your  
hip replacement surgery



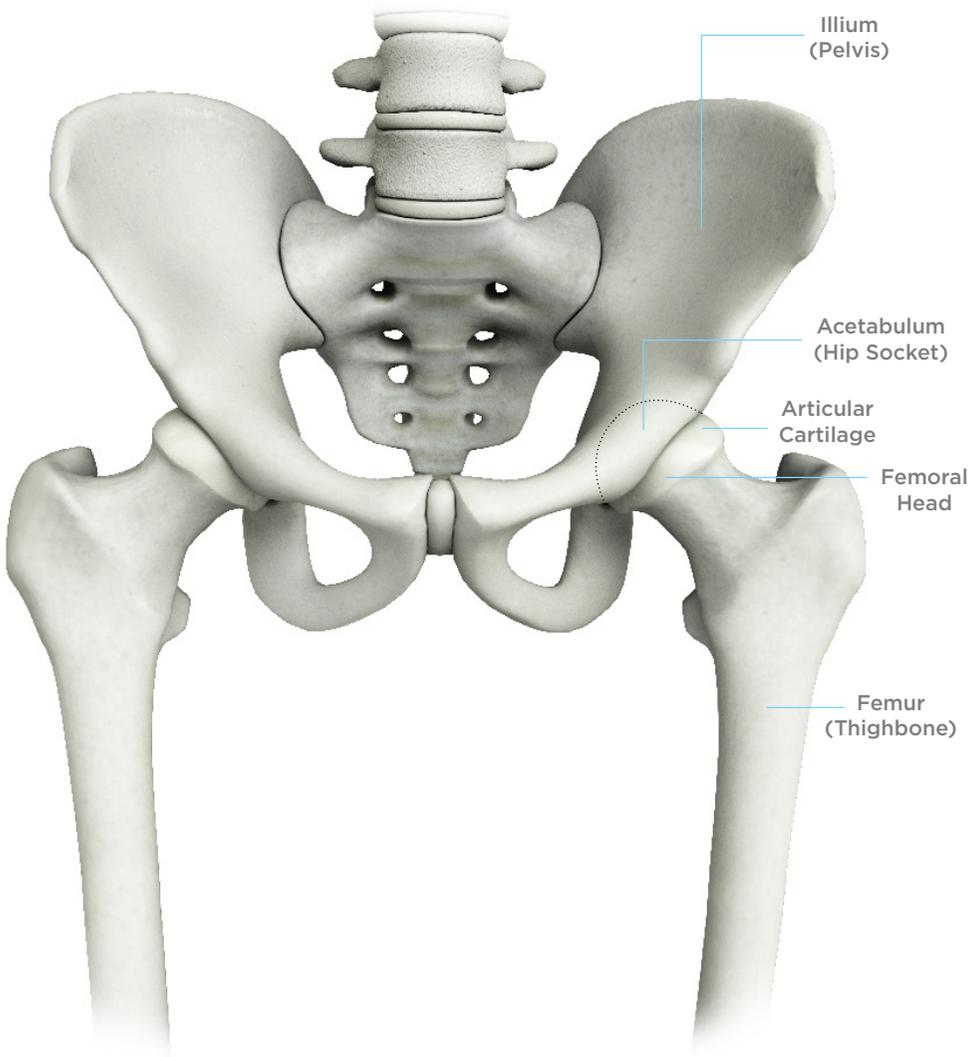
## **Are You Considering Hip Replacement Surgery?**

Hip pain can be the result of wear or damage to the cartilage, bones, muscles, or tendons within the hip joint. When stiffness and pain in your hip joint limits your daily activities, hip replacement surgery may be recommended after medication and conservative treatments fail to provide relief. This brochure will help you understand basic hip anatomy, arthritis, and hip replacement surgery.

## Hip Anatomy and Function

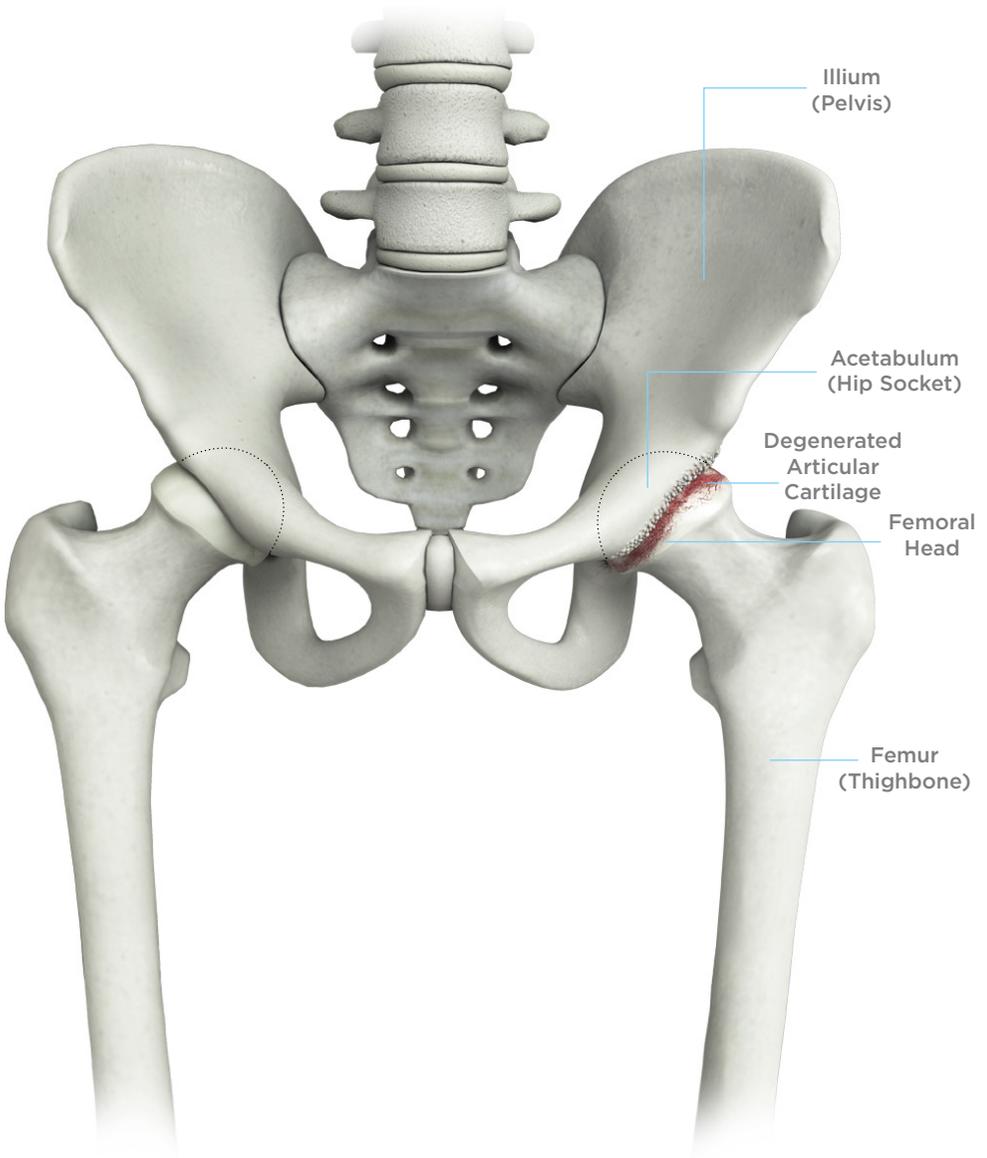
The hip is one of the largest joints in the body. This ball-and-socket joint consists of two main parts: the acetabulum (the hip socket) and the femoral head, the top portion of the femur (thighbone). The articulation between the acetabulum and the femoral head is what enables the hip joint to move fluidly.

The hip joint is connected by tough, fibrous tissue called ligaments. The acetabulum and the femoral head are covered by a smooth cushion of articular cartilage which helps to prevent friction as the hip bone moves in its socket. The remaining surfaces within the hip joint are surrounded by a thin tissue called synovial membrane. The synovial membrane produces a small amount of synovial fluid that provides lubrication to the cartilage and helps eliminate friction during movement.



## Arthritis and Hip Pain

One of the most common causes of hip pain is arthritis. Arthritis leads to inflammation of the hip joint and causes the cartilage to wear away. As the cartilage of the hip joint slowly wears away, the bones become exposed and rub against each other resulting in pain, swelling, decreased mobility, and stiffness.



## Total Hip Replacement

Total hip replacement (or arthroplasty) is one of the most common and successful surgical procedures performed. During a total hip replacement the damaged bone and cartilage are removed and replaced with prosthetic components. The prosthetic components are typically made of medical-grade metal, plastic, and ceramic. Together, the components mimic the functionality of a healthy hip joint.

The surgical techniques and instruments of total hip replacements have been modified over the years to provide long-lasting results and superior functionality. The complication rate following a total hip replacement is low with serious complications, such as infection, occurring in

fewer than 2% of patients. Some of the complications that may occur following surgery include: infection, blood clots, dislocation, and implant complications.<sup>1</sup>



### Preparing for Surgery

To prepare for surgery you may need to:

- Complete tests such as blood and urine samples and an electrocardiogram
- Notify your surgeon about current medications
- Complete major dental procedures or periodontal work prior to surgery
- Prepare for recovery by determining who will assist you post-surgery with daily tasks (family, friends, or a social worker) and make modifications to your environment as needed

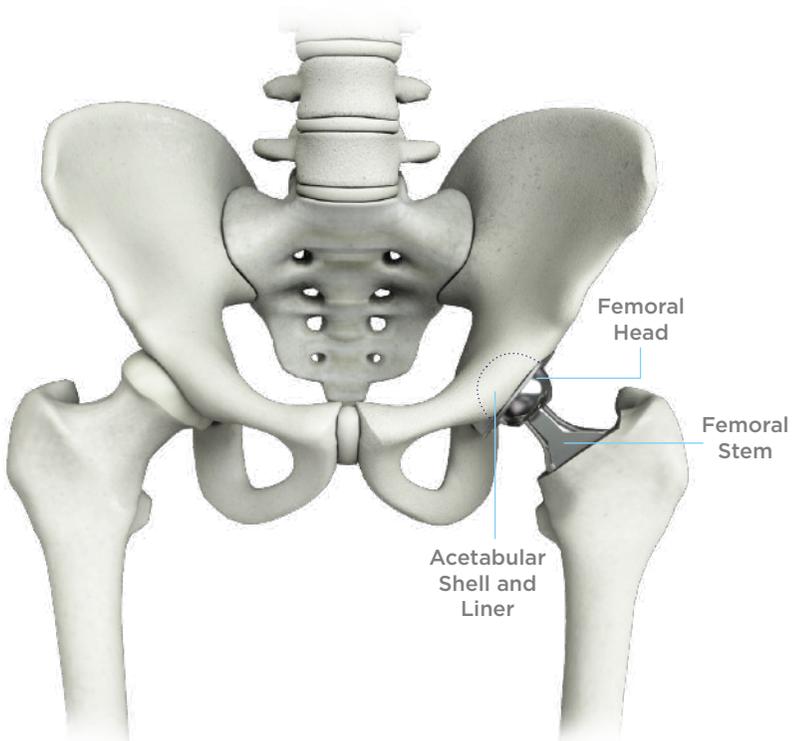
## During the Surgery

On the day of your surgery you will be admitted to the hospital and will be evaluated by a member of the anesthesia team. There are different types of anesthesia that may be used during surgery. The anesthesia team will determine which type is best for you.

A total hip replacement surgery typically takes 1-2 hours. The basic steps involved in this surgery include:

- The affected femoral head is removed and a metal femoral stem is inserted into the femur
- Next, a metal or ceramic femoral head is attached to the upper part of the femoral stem
- The affected cartilage surface of the acetabulum is replaced with a metal acetabular shell
- Finally, a plastic liner is inserted into the acetabular shell to provide a smooth articulating surface

Once the surgery is complete, you will be moved to the recovery room and will remain there for several hours while your anesthesia is monitored. You can anticipate staying in the hospital for a few days post-surgery to manage pain, actively prevent blood clots, and begin physical therapy.





### **Potential Benefits of Hip Replacement Surgery**

The decision to have total hip replacement surgery should be between the patient and the surgeon. The recommendation to move forward with surgery is based upon your pain and disability along with the influence it has on your quality of life and daily activities. More than 90% of patients who have total hip replacement surgery experience a significant improvement in their ability to perform normal daily activities and experience a dramatic decrease in pain.<sup>1</sup>

Potential benefits of hip replacement surgery include:

- Pain relief
- Improved mobility
- Ability to resume everyday activities such as walking or climbing stairs

## About Ortho Development

Ortho Development, the manufacturer of your implant, is passionate about making the best, clinically proven, high-performance orthopedic devices in the world. All of our implants are designed and manufactured with pride in the United States using the most advanced materials and technologies available, and with a strong commitment to quality. For over 20 years, Ortho Development has been dedicated to improving lives and strives to provide the best customer experience in orthopedics. We think that you will notice the Ortho Development difference.

### *Disclaimer:*

The information presented in this brochure is for educational purposes only. The information does not replace the advice or counsel of a doctor or health care professional. Ortho Development assumes no liability related to your decision to pursue joint replacement surgery based upon any information provided here. Ortho Development strives to provide information that is accurate, timely, and complete however Ortho Development does not make any guarantee in this regard. Always consult your doctor or health care professional for medical advice, diagnosis, or decisions. Each patient will experience a different post-operative activity level based upon his or her individual circumstances. Your doctor will counsel you about how to best maintain your activity level to help prolong the lifetime of the device. The lifetime of a joint replacement device is not infinite and varies based upon each individual.

### *Sources:*

1. "Total Hip Replacement." AAOS.org, December 2011. Web. 30 July 2014.



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