

A PIKEVILLE MEDICAL CENTER PUBLICATION

TOTAL HIP REPLACEMENT



**Orthopedic Surgery
& Sports Medicine Institute**
OF EASTERN KENTUCKY



Orthopedic Surgery & Sports Medicine Institute

OF EASTERN KENTUCKY
AT PIKEVILLE MEDICAL CENTER

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SPECIALIZING IN:

Knee Arthroscopy

Joint Pain

*Anterior Total
Hip Replacement*

*Total Knee
Replacement*

*Partial Hip & Knee
Replacements*

*Hip & Knee
Revisions*

*CORI Surgical
System Robotic
Hip Procedure*

*Hip Fracture
Care*



911 Bypass Rd., Pikeville, KY 41501 | 606-430-2206
www.pmcky.org/orthopedic-center

Total Hip Replacement

If your hip has been damaged due to arthritis, a fracture or other conditions, common activities such as walking or getting in and out of a chair may be painful and difficult. Your hip may be stiff, and it may be hard to get dressed. You may even feel uncomfortable while resting.

This safe and effective surgery can:

- Relieve pain
- Increase range of motion
- Help you resume normal activities

You may be recommended for total hip replacement surgery if you experience:

- Hip pain that limits everyday activities, such as walking and bending
- Hip pain while resting (day or night)
- Chronic hip inflammation (not improved by medications/rest)
- Stiffness in the hip limiting the ability to move/lift the leg
- Limited or no improvement from anti-inflammatory medications, physical therapy or walking supports.

Talk with your family, primary care physician and orthopedic surgeon to determine whether you should have total hip replacement surgery.

After Surgery

Pain Management

- Medications will be provided to help ease your pain and make you more comfortable
- Once your pain level ceases, you can begin moving around

Hip replacement surgery at PMC may not require physical therapy.

At Home

Wound Care

- Stitches/staples removed approx. two weeks after surgery
- Do not soak the wound in water until wound is completely sealed and dried
- Keep the wound bandaged to prevent irritation from the clothing/support hose

Activity

- Exercise is critical during the first week after surgery
- You may resume normal activities within 3-6 weeks
- Pain during activity and at night is common for several weeks

Surgery Results

Most people experience a significant reduction of hip pain and a dramatic improvement in performing daily living tasks. Surgeons don't recommend high-impact activities like running or jumping after surgery. Realistic activities following total hip replacement include walking, driving, swimming, biking, dancing and other low-impact sports. Following these activity guidelines can allow hip replacements to last for many years.

After Surgery you may experience

- Numbness of skin around the incision
- Stiffness, especially during excessive bending

It is normal to experience these side effects after surgery.

Benefits of Surgery

- Reduction or elimination of joint pain
- Improved quality of life
- Years of easier movement



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Fracture Care



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The complication rate is low after total hip replacement surgery

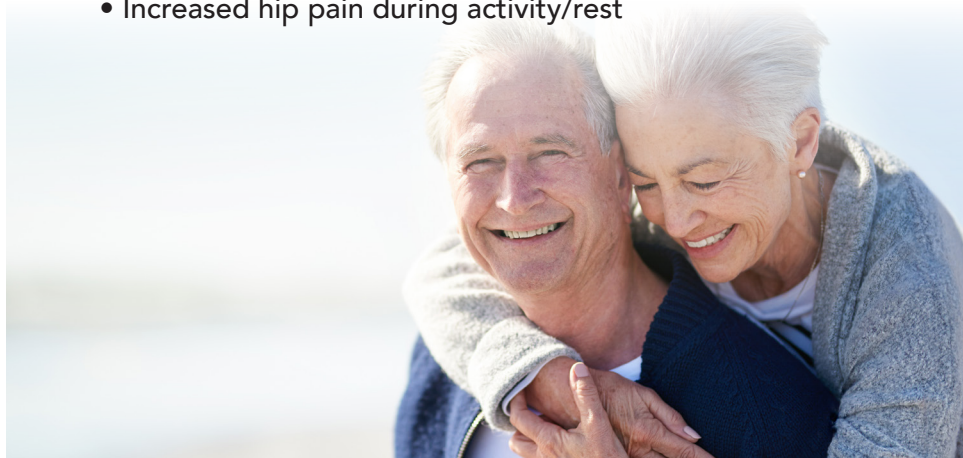
- Hip joint infections occur in fewer than 2% of patients
- More serious complications have an even lower occurrence rate
- Chronic illnesses may increase the possibility of complication

Infection

Minor wound infections are treated with antibiotics, while major infections may require additional surgery or complete removal of the prosthetic. Any infection in your body can spread to the joint replacement. Infection may occur in the wound, deep around the prosthetic, even years after surgery.

After Surgery you may experience

- Continuous fever (>100 degrees Fahrenheit)
- Shaking chills
- Increased redness, tenderness or swelling of the hip
- Hip wound drainage
- Increased hip pain during activity/rest



Are you a candidate for Surgery?

To determine if total hip replacement surgery is right for you, your physician will:

- Gather your medical history
- Complete a physical examination to assess motion, stability, strength and alignment
- Order x-rays to determine the amount of damage

Surgery Day

- You will register and be admitted to the hospital
- Surgery usually takes a few hours
- The hip's damaged cartilage and bone will be removed and a new plastic, metal or ceramic implant will be positioned into place
- You will be monitored for several hours during your recovery from anesthesia
- Once you wake up, you will be taken to your hospital room

Some patients may be eligible for outpatient surgery, meaning he or she will be discharged to go home at the end of the day.

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