



### What is the success rate?

Hip replacement is one of the most important surgical advances of this century. This surgery helps more than 250,000 Americans each year to relieve their pain and get back to enjoying normal, everyday activities.

### Are there complications?

As with any surgery, there is a risk of complications after hip replacement surgery. Blood clots are the most common complication. Your orthopedic surgeon may prescribe one or more measures to prevent blood clots from forming in your leg veins, Special support hose, inflatable leg coverings and blood thinners are often used to avoid blood clots.

You may also receive antibiotics to help prevent infection. Other complications include implant loosening, hip dislocation, fractures and nerve or blood vessel damage. Your surgeon will be taking great care to reduce the risk of these and other complications.



### What about pain?

Thanks to advances in medication technology, we are able to keep you relatively comfortable after surgery.

### Tips For Healthy Joints



**Lose weight** – Extra weight puts more stress on your joints.

**Do low-impact exercise** – Swimming, cycling and gardening help firm up your arms and legs and burn calories.

**Wear sensible shoes** – Rubber-soled shoes provide cushioning.

**Lift with care** – Hold items close to your body and bend your knees.

Give us a call for information about our free seminars: (909) 335-5574



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## Understanding Hip Replacement



REDLANDS COMMUNITY HOSPITAL





## What is hip replacement?

It is a metal and plastic covering for raw, arthritic bone ends. It replaces cartilage that has worn away over the years. Hip replacement surgery can help relieve pain and get you back to enjoying normal, everyday activities.

## Who should have a hip replacement?



Hip replacement surgery may be considered when arthritis limits your everyday activities such as walking and bending, when pain continues while resting, or stiffness in your hip limits your ability to move or lift your leg.

## Should my hip replacement be cemented?

Hip replacements may be successfully performed with all cemented components as well as with a combination of uncemented and cemented components. Your surgeon will discuss which technique is appropriate for you.



## Is there an alternative to hip replacement?

Hip replacement may be recommended only after careful diagnosis of your joint problem. You may

benefit from surgery if you have little pain relief from anti-inflammatory drugs, you have harmful or unpleasant side effects from your hip medications, or other treatments, such as physical therapy, do not relieve hip pain.

## How long is the hospital stay?

The typical hospital stay after hip replacement surgery is 2 days. Most hip replacement patients begin standing and walking with the help of a walking support and a physical therapist the day of surgery. It is important to begin moving after surgery to get your blood flowing. This helps to prevent blood clots from forming in your legs, which can occur from lack of activity.

### Take Control

Making that appointment today is the first step in taking control of your pain.

## How long is recuperation?



Recovery varies with each person. It is essential that you follow your surgeon's instructions regarding home care during the first few weeks after surgery, especially the exercise program you are prescribed. You should be able to

resume most normal light activities of daily living within 3-6 weeks after surgery.

Some discomfort with activity, and at night, is common for several weeks. Complete recovery can take from 3-6 months. While most people will gradually increase their activities and play golf, doubles tennis or bowling, you may be advised to avoid more active sports, such as jogging, singles tennis and other high-impact sports.

If you are a patient who lives alone, you may require a short stay in a rehabilitation center for a few days after you leave the hospital depending on how you progress.

## Will I need a blood transfusion?

The need for blood transfusions after hip replacement surgery depends greatly on individualized factors. If your blood counts are high, it is much less likely that you will need a transfusion. Your blood count will be checked before surgery and while you are in the hospital. Blood transfusions are usually recommended if your blood counts get low enough to potentially put strain on your heart.

### TOTAL HIP REPLACEMENT

