

# Freedom to Pursue Life



**PATIENT EDUCATION**  
for Total Hip Replacement

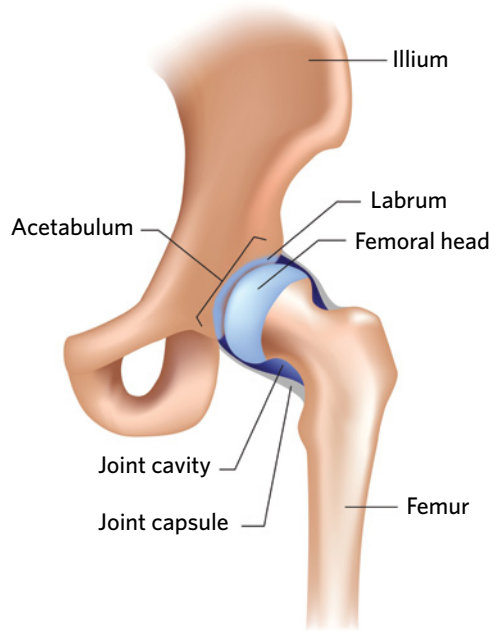
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# The Hip Joint

The hip joint is one of the largest and most important joints in the human body. It plays a vital role in supporting body weight and enabling movement during activities of daily living. It joins the thigh with the leg and is made up of bones, ligaments, tendons, and cartilage. The hip joint is a ball-and-socket joint that allows for a wide range of motion in multiple directions.



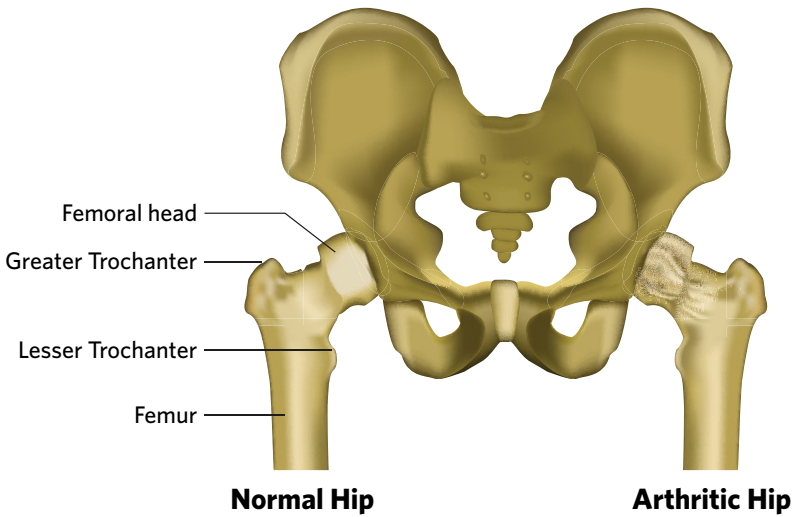
**Ball:** The rounded head of the thigh bone (or femur)

**Socket:** The cup-shaped part of the pelvis (or acetabulum)

The ball and socket joint helps your leg move forward, backward, sideways, and in circles—which is important for walking, sitting, standing, and climbing stairs.

Because the hip is an integral part of normal daily activity, it is susceptible to injuries and can wear down leading to pain, stiffness, trouble walking, swelling or limping.

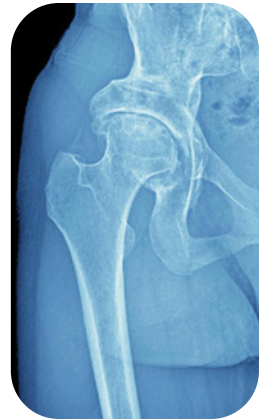
Common problems include arthritis, hip bursitis, and broken hip.



# Arthritis

Knee Arthritis can make daily activities very difficult. Below are common types of arthritis you can have:

1. **Osteoarthritis (OA):** This type of arthritis is due to wear and tear on your joints over time. It causes the cartilage to deteriorate and can result in bone rubbing on bone.
2. **Rheumatoid arthritis (RA):** This type of arthritis is caused by an autoimmune disease that attacks various joints throughout the body. The disease is chronic and inflammatory in nature and damages ligaments and cartilage while softening the bone.
3. **Post-traumatic arthritis (PA):** This type of arthritis will develop after a trauma or injury to the hip. It may not develop until years after the injury.





## Arthritis and Your Life

Arthritis pain is more likely to develop gradually over time. You may first experience pain when waking up in the morning or when you stand up after sitting for a while. Some patients say changes in weather can bring on arthritis pain.

Eventually you may notice that the pain has taken control over your ability to complete everyday tasks, such as standing, walking, climbing stairs or sitting down. Arthritis can even wake you up in your sleep. There may come a time when you decide that you need help to eliminate pain, regain mobility, and improve your quality of life.

# Why Hip Surgery?

Hip replacement surgery is considered when all other conservative options have failed to provide any relief. If you have tried all your doctor's recommendations and are still experiencing pain, stiffness, and can no longer move comfortably, then it is time to consider an option that will allow you to get your life back.

Approximately 544,000 hip replacement surgeries are performed each year in the United States, according to 2022 American Joint Replacement Registry (AJRR) annual report. Most patients undergoing hip replacement surgery feel immediate pain relief and the majority of patients are satisfied with the procedure.

Patients can expect implants to last up to 20 years. This allows an active lifestyle performing normal daily activities for many years to come.







## What Is Hip Replacement Surgery?



During hip replacement surgery, your bone doctor (orthopedic surgeon) will replace damaged bone and cartilage in the hip joint using state-of-the-art implants. It restores movement, eases pain, and helps you regain independence.

Once the damaged area is removed and prepared, your surgeon will place medical implants made of metal and plastic. Components are then securely attached using a medical-grade cement. Some hip implants have unique coating materials eliminating the need for medical-grade cement.



# Preparation for Hip Surgery

Your orthopedic surgeon will require a few activities to be completed before surgery that may include the following:

**Complete Physical Examination:** Your doctor will ask for a examination as well as some tests to be completed such as blood work, an EKG, and a chest x-ray.

**Surgical Consultation:** Your doctor will discuss the hip procedure with you, explain what happens after surgery, and answer any questions you may have. Your doctor will also:

- explain what to do the day before and morning of surgery
- review any test results from your medical examination
- ask if you have any allergies and discuss medications you currently take



# Preparation for the Hospital or Outpatient Surgery Center

Your orthopedic surgeon will provide a list of things you **can** and **cannot** do prior to hospitalization, such as:

- Do not eat or drink after midnight
- You may need to stop taking specific medications
- Shower with special surgical soap, but no lotions or deodorant
- No contact lenses the day of procedure (eyeglasses are permitted)
- Remove all jewelry
- Pack and prepare your hospital bag with loose-fitting clothing and sturdy shoes



Please follow any specific instructions provided by your orthopedic surgeon.

# Post-Operative Care

After your surgery is completed, you will be transported to the recovery room for close observation of your vital signs, circulation, and pain management. Once the nurses think you are stable, you will be transferred to your room. Once you wake up, you may notice the following:

- I.V. in your arm through which pain medication could be administered
- Compression stockings to help minimize risk of blood clots
- Bandage covering the incision area to maintain cleanliness and prevent infection
- Ice packs or cooling pads on your hip to reduce swelling
- Catheter to help you urinate and a drain near the incision

## Preventing Complications

Hip replacement is usually very safe and helps many people move better and feel less pain. But like any surgery, there are potential complications:

**Infection:** The wound or inside the hip can get infected. You might notice redness, swelling, warmth, or fever. However, most infections are treatable.

**Blood Clots:** Clots can form in your legs or travel to your lungs. Common signs are swelling, leg pain, chest pain, or trouble breathing. You'll get blood thinners, leg pumps, or special socks to help prevent this.

**Hip Dislocation:** The new hip ball can pop out of the socket, especially early on, so be careful with how you sit and move after surgery.

# Pursue Life™

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