You will be scheduled for Total Hip Arthroplasty (THA)

What is a THA? A total hip arthroplasty (also called hip replacement) is a procedure to restore the joint space of the hip. An incision (on average 6 inches) is made through the lateral buttock. The arthritic bone of the femur is cut away and an implant is cemented into the remaining bone. A cup shaped implant is secured into the pelvis, restoring the socket side of the hip joint. The incision is then sutured closed. The superficial layer is glued. A PICO dressing is placed over the incision.

What is a PICO dressing? This post-operative dressing includes a battery powered suction device to aid in wound healing. Any drainage that would have leaked out of the wound is contained within the device. The PICO helps to promote healing factors, speeds wound healing and promotes smaller scar formation. After 7 days, the vacuum stops. You can cut the cord to the battery pack and throw it away. Please keep your dressing on the incision until you come in for your post-op appointment.

On average, recovery is around 3 months. For the first 6 weeks you will need to use a cane or walker and maintain partial weight-bearing to the hip. This is to allow the prosthesis and the bone to grow together.

Will I participate in physical therapy? Yes, you are expected to attend outpatient physical therapy, beginning upon discharge from the hospital.

What are the risks of THA? Risks of surgery include bleeding, infection, wound healing problems, fracture, leg length discrepancy, neurovascular injury, DVT/PE, hip dislocation/ instability, chronic hip pain/ stiffness/ dysfunction, failure of procedure/ need for revision surgery.

You must follow Total Hip Precautions: do not bend at the hip past 90° (to sit on a curb, low step), do not turn your foot in or out, do not move your knee inward past your navel (cross your leg)

What may happen if I do not proceed with this surgery? Risks of non-operative treatment include worsening arthritis pain, decreased function, decreased ambulatory capacity, falls, fractures, decreased quality of life.

Please ask your surgeon if you have any questions regarding the above information.