HIP HEALTH: RELIEVING PAIN & RESTORING MOBILITY

Steps and Tips to Preventing, Planning and Recovering from Surgery
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“Ultimately, the goals of a total hip replacement are to reduce pain and restore mobility. For patients who are suffering from severe, chronic pain and who have tried more conservative approaches with no success, this procedure may be the best option.”
When all of the parts of the hip joint work together, the joint moves easily and without pain. However, disease or injury can disturb the normal functioning of a joint, and the results can range from muscle weakness and occasional pain to limited mobility and chronic, severe pain.

If you’re concerned about hip health, you’ve come to the right place. In this ebook, you’ll find information on all of the following:

- **Prevention**: tips on keeping your hips functioning well
- **Treatment Options**: starting with conservative approaches to managing hip pain
- **Replacement Surgery**: details on ways to prepare, what to expect and how to recover

Before we talk about hip replacement, let’s talk about injuries or diseases that could put you at risk in the first place. While we can always fix a hip problem once it occurs, we want to help you keep your hips healthy now and for years to come.
THREE WAYS TO HAVE HEALTHY HIPS FOR LIFE

Lesser Known Tips for Healthy Hips

1  **WEIGHT**: Simply losing weight can help to avoid or reduce joint discomfort. If you’re overweight, be proactive to reduce unnecessary stress on your hips by reaching and maintaining an ideal, healthy body weight.

2  **DIET**: When you eat well, your body gets the nutrients it needs to stay strong, contributing to overall joint health. Calcium is especially important for bone health and Vitamin C is necessary for the formation of collagen, which is the important “cushion” between the hip bones that make the joint glide smoothly.

3  **EXERCISE**: Within a hip joint, the strength and flexibility of the muscles are key to helping the joint resist injury. Be proactive about stretching regularly and exercising to help maintain a healthy range of motion in your hips.

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- **Antje**, Patient Ambassador
WHAT TO DO WHEN HIP PAIN STRIKES

Non-operative vs. Surgical Treatment

If a patient begins to feel regular hip pain and is diagnosed with arthritis, conservative treatment options should be pursued immediately. Talk with your orthopaedic physician in detail about some of the non-operative options such as simple activity modification or cortisone shots.

However, if your hip pain is more severe and cannot be sufficiently resolved through the use of more conservative treatments, then you may be a good candidate for joint replacement surgery. A hip replacement can help relieve pain and enable you get back to living the active, independent lifestyle that you want.

A hip specialist will help you determine whether joint replacement is the right option for you. When pain continues during rest, or stiffness in your hip limits your ability to move or lift your leg, hip replacement may be recommended. If it is, then you can be confident knowing that this surgery is one of the most common and most successfully performed orthopaedic procedures in the country.

According to the American Academy of Orthopaedic Surgeons, approximately 300,000 Americans have hip replacements each year. Hip replacement procedures have been found to result in significant restoration of function and reduction of pain in over 90% of patients!
FOUR STEPS TO TAKE BEFORE YOUR SURGERY

First Step: Learn About the Procedure

The hip is a ball and socket joint. During hip replacement surgery, both the ball and socket are replaced with prosthetic devices. The head of the thigh bone (ball) is usually replaced with a metal or ceramic ball, while the damaged surface of the pelvis (socket) is often replaced with medical grade plastic. Then a plastic, ceramic, or metal spacer is inserted between the new ball and the socket.

These new parts work to replicate the smooth, gliding motion of a healthy hip and keep the joint from experiencing the pain of bone on bone contact. Depending on the surgeon and the details of each particular case, the artificial joint may or may not be cemented in.
Second Step: Get Organized

As you prepare for your procedure, you will have to provide the same information to various members of your health care team. It will save you time and hassle and keep the process moving smoothly along the way if you have this information organized and ready.

We recommend preparing copies of your insurance information, your personal medical history and any relevant legal arrangements so that each appointment can be fully optimized. You’ll want to fully equip each medical professional along the way with the information they need to make the best decisions concerning your upcoming surgery.

See more below about organizing your homecoming.

Third Step: Get in Shape

Many patients preparing for hip replacement surgery ask how they can contribute toward the best possible outcome. The answer is simple: pursue a healthy lifestyle leading up to your procedure.

In addition to maintaining a healthy diet, smokers should consider quitting and alcohol should be consumed only in moderation. One of the most important ways a patient can prepare their body to undergo and recover from surgery is to lose weight (if that is a step recommended by a physician). Any excess weight puts unnecessary pressure and stress on hip joints and can make recovery more difficult.
Fourth Step: Ask the Right Questions

When it comes to preparing for a major procedure like hip replacement surgery, knowledge is power. Come to each appointment with a list of questions and be sure that you feel confident along the way with the answers provided to you by your surgical team. Here are some questions we recommend asking:

- Is total hip replacement the best possible treatment option for my case? If so, is this the best timing for it?
- What kinds of things should I do before surgery day to be proactive towards a successful outcome?
- How can I get my home ready for my arrival back from the hospital after surgery?
- Does this procedure carry any risks that I should be aware of?
- Will I need to stop taking any medicines before my surgery? What other pre-surgery instructions should I be aware of?
- Can I get a detailed description of the procedure itself and what my recovery will entail?
- What happens immediately after surgery? How long will I stay in the hospital? Will I be able to walk right away?

Once you’ve completed the four steps above, you should be fully prepared for surgery. As the procedure date approaches, take time to talk through some of the more detailed, “day of” issues, such as the use of anesthesia.

On the day of your surgery, the anesthesiologist will meet with you to discuss the type of anesthesia that will be used, based on your particular needs and any risk factors.
MORE INFO ON ANESTHESIA

A **general anesthetic**: Produces a state of controlled unconsciousness, during which the patient loses all sense of feeling. The anesthetic is combined with a pain reliever, such as morphine, and often also with a muscle relaxer.

A **spinal anesthetic**: When a local anesthetic is injected near to the nerves in your lower back, numbness occurs from the waist down. Although you will remain awake, you will not feel pain.

An **epidural anesthetic**: A small plastic tube passes a measured dose of local anesthetic and pain relieving drugs into your lower back, providing a loss of feeling in the lower body. This method is often combined with spinal or general anesthesia.

A **combination of anesthetics**: If you are particularly sensitive to anesthesia or have other complicating factors, you should talk to your anesthesiologist about having a combination of a spinal or epidural anesthetic and a general anesthetic together. Depending on the length of the surgery and the expected pain level during recovery, some patients may also benefit from a nerve block, which will provide extra comfort after the procedure is over.
A PROPER RECOVERY IS ESSENTIAL TO A POSITIVE OUTCOME

Three Tips for Getting Better, Faster

Tip #1: Think Ahead About Coming Home

Although hip replacements are common, successful orthopaedic procedures, they are still considered major surgery and patients are advised to plan accordingly. For several weeks following your procedure, you will need extra help around the house and will not have full mobility. Therefore, consider the following when you prepare your home for your arrival back from the hospital following discharge:

- Arrange for someone to drive you home from the hospital and for someone to stay with you for several days after your surgery.

- Arrange everything you need for living (including an area where you will sleep) on the first floor of your home so that you can avoid stairs for the first week or two.

- Consider asking people to make and bring you meals for the first week following your surgery. Or, use the weeks leading up to procedure to make meals that you can freeze and easily heat up for yourself.

- Place items you use regularly in easy to reach places.

- Rearrange furniture temporarily in order to make space for yourself to maneuver around with crutches or a walker.
In the bathroom, adding a shower chair, a gripping bar, or raised toilet seat could contribute to your safety during the early weeks of recovery.

You will not be able to drive right away, so plan to have some help getting around and apply for a temporary handicapped-parking permit so that your destination is never very far to travel from your vehicle.

Have a “recovery tool kit” ready by shopping for the following items prior to surgery:
- Long-handled shoehorn
- Long-handled sponge
- Grabbing tool or reacher
- Footstool
- Soft shoulder bag for carrying items around

Tip #2: Perform Recommended Exercises

The primary goals of hip replacement surgery are to reduce pain and restore mobility. In order to achieve this second goal, the patient must be committed to following the recommended exercise and stretching guidelines of the physician.

Before you’re discharged from the hospital following your procedure, your surgeon or physical therapist will recommend that you exercise regularly during your early recovery. This is essential to regaining strength, flexibility and range of motion in your new hip joint.

Make time each day to perform some of the following exercises:
- Ankle pumps
- Knee bends
- Leg raises
- Hip extensions
Tip #3: Follow This List of “Do’s” and “Don’ts”

During your early recovery, it’s important to know what you should and should not do. That’s why we’ve put together this helpful tool for you. Follow this easy list of suggestions and talk to your physician about more details:

### The “DO” List

1. Move carefully and slowly in the weeks just after surgery
2. Sit down while getting dressed
3. Slide toward the edge of a chair before getting up out of it
4. Put a rubber mat in your shower to prevent slipping (especially if you are standing)
5. Use your non surgery leg to step first when going up steps
6. Use your walking support until your doctor gives the “ok” to walk independently
7. Wear shoes with nonskid soles

### The “DON’T” List

1. Jump right back into high intensity activities like skiing and hiking
2. Bend or reach in excess
3. Sit in the same position for more than 45 minutes at a time
4. Sit in the bottom of a bathtub since getting out of it will put undue strain on your hip
5. Sleep on your new hip side or on your stomach
6. Get into a car from a curb (instead, get on street level)
7. Try to pivot or make quick turns

### Possible Risks:

- ✔ Increased systemic complications
- ✔ Increased risk for transfusion
- ✔ Increased hospital stay
- ✔ Increased need for acute rehabilitation

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