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Hip Replacement Surgery

HIP REPLACEMENT SURGERY

Hip Replacement is a procedure wherein the hip joint is replaced by an artificial joint to relieve pain and discomfort for the patient.

Hip Replacement Surgery is necessitated when arthritis of the hip joint causes pain and acute discomfort to the patient. This affects his or her quality of life and the ability to move freely. As a result, the patient has limited mobility and is unable to carry out his or her everyday tasks.

What are the main reasons for needing a Hip Replacement?

- **Osteoarthritis:** It damages the slick cartilage that covers the ends of the bones and helps the joints move smoothly. This mainly occurs due to wear and tear of the cartilage in ageing population.
- **Rheumatoid Arthritis:** The immune system produces a type of inflammation that can erode cartilage and occasionally the underlying bone resulting in damaged and deformed joint. Rheumatoid Arthritis is caused by an overactive immune system.
- **Post-traumatic Arthritis:** This can follow a serious hip injury or fracture. The cartilage may become damaged and lead to hip pain and stiffness over time.
- **Osteonecrosis:** The ball portion of the hip joint bone may collapse and deform if there is inadequate blood supply to it causing arthritis.
- **Childhood Hip Disease:** Some infants and children have hip problems. Even though the problems are successfully treated during childhood, they may still cause arthritis later in life. This happens because the hip may not grow normally, and the joint surfaces are affected.
- **Hip Impingement:** Abnormal shape of the hip causing impingement and arthritis.

What are the main reasons for needing a Hip Replacement?

Common day-to-day activities like walking or getting in and out of a chair might become difficult and painful if your hip has been damaged by arthritis, a fracture or other conditions. You may feel uncomfortable while resting or performing some simple activities and your hip may feel very stiff and painful. You may consider Hip Replacement Surgery when medications, use of walking supports and other changes in your everyday activities do not alleviate your symptoms and improve your mobility.

Hip Replacement Surgery may be an option for you if your hip pain interferes with daily activities and more-conservative treatments haven't helped or are no longer effective.



Hip Replacement Surgery can relieve your pain, increase your mobility and help you get your agility back and enjoy normal everyday activities. It is a safe and effective procedure that can improve the quality of your life.

A doctor will conduct a thorough review of your condition and decide on the course of action for your hip joint. The common symptoms experienced by patients shortlisted for a Hip Replacement Surgery include:

- Joint stiffness
- Pain in joints
- Swelling in joints
- Difficulty in walking and climbing stairs
- Disabling normal daily activities and recreation
- Inability to get out of bed
- Crunching/rubbing of the bones at the hip joint.



What are the risks of Hip Replacement Surgery?

While certain risks are associated with any medical or surgical procedure. Some of the risks of Hip Replacement Surgery include – blood clots and infections, dislocation, need for revision or additional hip surgery, nerve injury resulting in weakness or numbness.

What will be done during the surgery?

In a Total Hip Replacement (also called Total Hip Arthroplasty), the damaged bone and cartilage is removed and replaced with prosthetic components

The damaged femoral head is removed and replaced with a metal stem that is placed into the hollow center of the femur. The femoral stem may be either cemented or “press fit” into the bone.

The damaged cartilage surface of the socket (acetabulum) is removed and replaced with a metal socket. Screws or cement are sometimes used to hold the socket in place.



A plastic, ceramic, or metal spacer is inserted between the new ball and the socket to allow for a smooth gliding surface.

What is the post surgery-operative care for Hip Replacement?

Hip Replacement Surgery will be followed by rehabilitation that includes exercise and physiotherapy. Patients must exercise, but have to be cautious while climbing stairs maneuvering, sharp twists & turns, carrying excessive weights and squatting, amongst others. Using an elevated toilet seat, straight back chairs is recommended after surgery. For avoiding sudden falls or obstructions, it is advised to keep the home clutter free and spacious

What activities should I avoid after Hip Replacement Surgery?

Pivoting or twisting of the legs should be avoided for anywhere from six to 12 months after Hip Replacement Surgery. You should also not cross the involved leg past the midline of the body nor turn the involved leg inward or bend at the hip past 90 degrees. This includes both bending forward at the waist and squatting.