

## Hip Replacement Surgery

### How does it help?

- Decrease pain
- Improve mobility

### What is the process?

- **Surgical consult:** to discuss whether you will need surgery, decision to treat
- **Pre-operative appointment:** occurs 2-3 weeks prior to surgery, you will be given forms to be completed and bring with you to the pre-op appointment
- **Surgery:** Approximately 2 hours
- **Hospital stay:** same day/1-2 days discharged home
- **Anterior Hips:** Typically one day and then home
- **Physiotherapy:** community, 2-3 visits

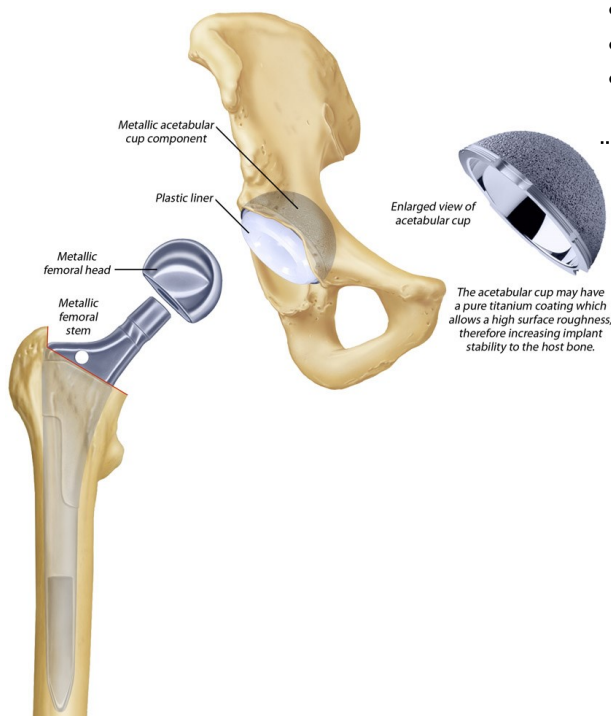
### Important

- **Driving Restriction:** Right hip—no driving for 6 weeks post-operatively; Left hip restrictions are variable

- You will be able to walk with a walker and do stairs with a cane by the time you leave the hospital
- Discuss when you can return to work with your surgeon
- You may have hip precautions for **up to 12 weeks**
- **Dental work should NOT take place 6 weeks before and 3 months after surgery**
- Avoid flying for 3 months after surgery

### Risks

- Infection
- Longevity
- Leg Length
- Fracture
- Post-operative confusion
- Anaesthetic
- Blood transfusion
- Blood Clots
- Dislocation
- Nerve Injury/Thigh numbness



**AVOID INJECTIONS INTO THE AFFECTED JOINT FOR 3-6 MONTHS BEFORE SURGERY**