

An elderly couple is sitting inside a tent, smiling and holding mugs of coffee. The man on the left is wearing a dark blue jacket over a green and black plaid shirt. The woman on the right is wearing a dark blue vest over a blue and white plaid shirt. They are both looking at each other and smiling. The tent has an orange and white interior. The background shows a blurred outdoor setting with trees.

IOWA CITY  
**ASC**  
AMBULATORY  
SURGICAL CENTER

**LEARN MORE ABOUT TOTAL HIP REPLACEMENT**



## LEARN MORE ABOUT TOTAL HIP REPLACEMENT

If you are a patient who is anticipating total hip replacement, you probably have a lot of questions. The first thing to know is that total hip replacement is an immensely successful surgical procedure. First performed in the 1960s, this surgery now uses the latest prosthesis technologies and surgical techniques to deliver long-lasting results that help you become more mobile and experience less pain.

### WHAT IS TOTAL HIP REPLACEMENT?

A total hip replacement (sometimes called total hip arthroplasty) is a surgical procedure in which a surgeon will remove damaged portions of your hip and replace them with a prosthesis. A modern hip prosthesis is made from a combination of high-tech materials, including ceramics, metals, and high density plastics.

A total hip replacement is a major operation, but the procedure is routinely performed on an outpatient basis. For your hip replacement, your orthopedic team will use general anesthesia, and the surgery could take a few hours to perform.

## DURING YOUR PROCEDURE

Your surgeon will make an incision around your hip.

The damaged area of the femoral head (the ball joint at the top of your leg bone) will be removed.

The femoral head is replaced with a metal stem that's placed into the leg bone.

A metal ball is attached to the top of the stem, replacing the function of the femoral head.

Damaged cartilage of the socket, called the acetabulum, is cleared out. This makes room for a metal socket, which is put into place.

A spacer is placed between the new ball and socket to achieve the smoothest possible operation.

Once the hip is successfully in place, your surgeon will close the incision and you'll be taken to a special recovery room. After a few hours to let the anesthesia begin to wear off, you'll typically be allowed to return home.

**TODAY, MORE THAN HALF OF ALL SURGERIES PERFORMED IN THE COUNTRY ARE DONE ON AN OUTPATIENT BASIS.**





## WHAT TO EXPECT FROM YOUR TOTAL HIP REPLACEMENT SURGERY

A patient who is anticipating a total hip replacement is often quite curious about what they can expect their surgical recovery to look like. This is understandable. **Complete recovery from total hip replacement can take several months.**

Immediately after surgery, you'll likely have stitches, sutures, or staples left in place to help your incision heal. These will typically come out during one of your first follow up appointments with your surgeon (usually at the two week mark).

After 3 to 6 weeks of recovery, you should be able to resume most normal activities. However, your recovery will depend in some part on how quickly you get moving. Most surgeons will recommend the following:

**A slow but steady increase to your mobility.** Try a graduated walking program. Focus on increasing the distance you can walk around your home, then around your yard or neighborhood.

**A dedicated exercise program designed to strengthen your muscles and your hip.** Some patients will be able to perform these exercises on their own. In other cases, a physical therapist may help.

**Rehabilitative physical therapy.** This is especially crucial during the first weeks of your recovery, when a physical therapist may come to your home in order to help you with exercises.

Your surgeon will provide you with individualized recovery instructions. Also, be sure to ask any questions you might have about activities or expectations for recovery. Your surgeon will be happy to answer these questions at any time!

## WHAT SHOULD YOU KNOW BEFORE YOUR PROCEDURE?

As you think about your upcoming total hip replacement procedure, many patients begin to wonder: what should you be thinking about before your procedure begins?

### MAKING YOUR HOME EASIER TO NAVIGATE

Before your surgery begins, there are several steps you can take to make your home easier to navigate while you recover from your total hip replacement procedure. Among them are the following:

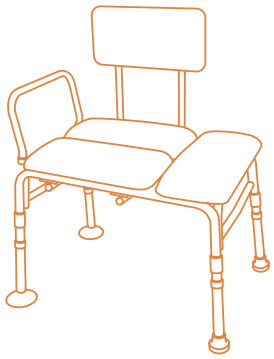
Install hand holds or sturdy handles around your bathtub, shower, and toilet.

Make sure the handrails on all of your staircases are secure and firmly attached.

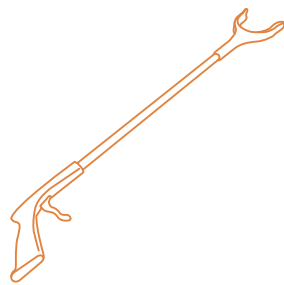
Invest in a stable bench that you can place in your shower for bathing purposes.

Invest in small devices that will make your life easier, such as a reacher device (which can allow you to pick up things without bending over) and a dressing stick (which can help you with tasks such as putting on your socks).

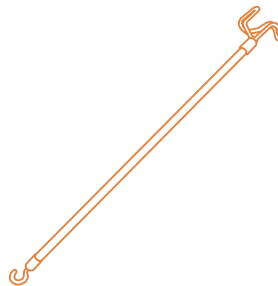
Try to make your home as “trip-proof” as possible by removing loose cords, rugs or areas of carpet that may cause you to fall.



Stable Bench



Reacher Device



Dressing Stick





## HOW YOU'LL PREPARE FOR SURGERY

In order to give your surgery the best chance for success, there are several things you'll be instructed to do (or refrain from doing) in order to get ready for your surgery. Some of those include:

**Exams and Tests:** Your surgeon may want you to undergo a complete physical with your primary care doctor. Additionally, your orthopedic team may take X-rays and give you an EKG diagnostic before your surgery. This is all done to ensure you're healthy enough to undergo a total hip arthroplasty.

**Avoid the dentist:** You should avoid any dental procedures, including a general cleaning, for up to two weeks before your procedure. This is to help you avoid any possible infections before surgery—and it's possible for these infections to enter your body during a dental procedure.

**Make sure your skin is clear of infection:** Again, you'll want to make sure there are no signs of infection before your total hip replacement.

**Prostate health:** If you've been diagnosed with an enlarged prostate that requires treatment, your surgeon may recommend completing that course of treatment before undergoing total hip replacement.

**Possible weight loss:** If you're overweight, your surgeon may ask you to hit a target weight before your procedure in order to maximize the chances of success.

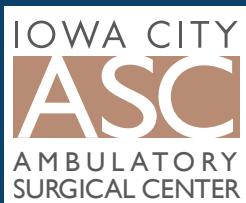
PROCEDURES PERFORMED IN ASCS (AND THEIR CORRELATE LENGTHS OF STAY) ARE TYPICALLY SHORTER THAN THOSE PERFORMED IN INPATIENT SETTINGS

## WHAT SHOULD YOU KNOW BEFORE YOUR PROCEDURE?

You and your orthopedic surgeon will discuss precisely what's needed before you begin your procedure. If you have any questions at all about your total hip replacement, your orthopedic surgeon is the best place to get individualized answers.

A total hip replacement can be an intimidating and serious procedure. But it's also incredibly common and successful. The more information you have ahead of time, the more comfortable you'll feel. And once the procedure is complete, you'll be in a better position to take advantage of the benefits: more mobility and less pain.

If you want to have your hip replacement outpatient surgery in a welcoming and convenient setting, talk to your orthopedic team about a referral to Iowa City Ambulatory Surgery Center. You might be a good fit to have this procedure in a non-hospital setting.



*A multi-specialty surgical center.*

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