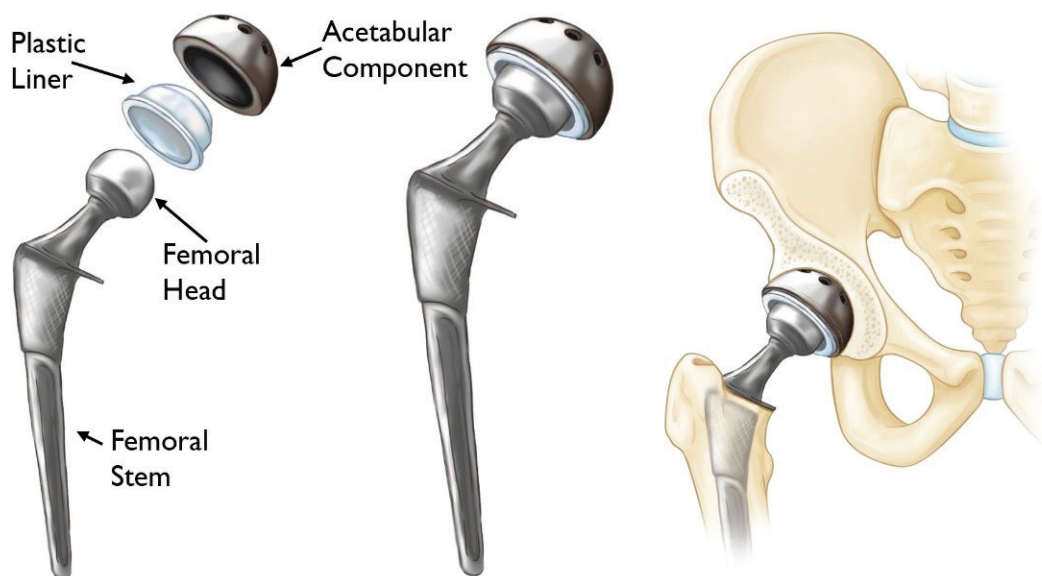


About Your Total Hip Replacement Surgery Posterior Approach



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Total hip replacement surgery is also called a **total hip arthroplasty**. Total hip replacement surgery replaces the damaged parts of the “ball-and-socket” hip joint. Patients who get a total hip replacement can expect increased movement and mobility once they have fully healed and recovered from surgery.

The procedure usually takes about 1-3 hours and is done with a posterior approach (also called a revision procedure). Surgery is done under general anesthesia or spinal anesthesia with regional (local) pain medicines used around your new hip to help lessen the pain you feel after surgery. For this procedure, the surgeon will usually make the incision (cut) towards the back of the hip.

Members of your care team in the operating room will include: your surgeon, a physician assistant and/or nurse practitioner, nurses, anesthesiologist, nurse anesthetist, and a certified surgical technician.

During the surgery, the surgeon will make a cut (incision) towards the back of the hip, cut the top of the thigh bone (femur) to remove the diseased “ball” (femoral head) of the hip joint, and replace it with a metal implant. The “socket” side of the hip joint (acetabulum) is replaced with a metal cup. The surgeon may need to use bone cement to hold the thigh bone implant in place. Your surgeon

will talk with you before surgery and decide which type of incision and implants are best for you. Your incision will be closed with stitches, staples, and/or glue. After surgery, the incision will be covered with a special surgical bandage to prevent infection. **Do not** take the bandage off. It will be removed at your first post-operative appointment.

Frequently Asked Questions

How long is my hip replacement expected to last?

Most patients can expect their hip replacement to last 15 – 20 years or longer, depending on your health, lifestyle, and activity level. Talk to your surgeon about how long you can expect your hip replacement to last.

How long is the recovery time?

Recovery time is different for each patient. Most patients will see a noticeable improvement in their hip strength and function within the first few months after surgery. Full healing can be expected around 1 year after surgery.

Will I have physical therapy before surgery?

Your surgeon may prescribe exercises or physical therapy for you to do before surgery that help strengthen the muscles in your leg. A physical therapist can also help you learn how to use assistive medical equipment that you'll need after surgery, while you recover. Your care team will tell you if this is needed. In general, the healthier and stronger you are before surgery, the easier your recovery will be after surgery.

What exercises can I do before surgery?

Look at the exercise handout in your folder or ask your physical therapist.

Will I need special equipment at home?

Yes. You will need a 2-wheeled front rolling walker and a straight cane. Bring the walker with you on the day of your surgery.

You can buy or borrow these items, depending on your preference. You may be able to borrow from a local lending closet, fire station, church, neighbor, friend, or family member. A prescription can also be provided for these items, which may be covered by your health insurance in some cases.

Your surgical care team will let you know if there is any other special equipment that you may need.



Straight
cane



2-wheeled
front rolling walker

Will I have physical therapy after surgery?

Yes, to a varying level. Physical therapy will begin in the hospital or surgery center soon after your surgery. Every patient will have a physical therapy evaluation before they are discharged.

Your nurse and physical therapist will encourage you to walk in the hall and will show you how to do some exercises in bed. They will also talk with you about making your daily routine safe in your home while you heal. They will show you the physical therapy exercises to do at home as you heal.

What restrictions will I have after surgery?

- ✗ **Do not** bend your hip more than a 90 degree angle
- ✗ **Do not** cross your legs
- ✗ **Do not** twist your hip inwards
- ✗ **Do not** sit in low sofas, couches, or stools
- ✓ **Do** sit in chairs with straight backs and arm rests
- ✓ **Do** use a toilet seat extension to raise the height of your toilet, if needed
 - » You can buy a toilet seat extension at a medical supply store

What services will I need at home?

Your surgeon and care team will help you decide what services you need at home. The plan will be based on your needs after surgery. This may include physical therapy or (less commonly) occupational therapy. A nurse care manager will help you with the referral process to the home health agency if one is needed for therapy.

When can I drive?

This answer is different for everyone. For your safety, do not drive until you are cleared to do so by your surgeon's office. Your surgeon's team will assess and evaluate your healing at your first post-operative appointment.

When can I go back to work?

This answer is different for everyone. Most people can go back to work within 12 weeks after surgery. This may be slightly different for you. Your surgeon will tell you when you have healed enough to safely go back to work, based on your job demands.

For a sedentary or 'desk job', some patients are able to go back to work as soon as 2 weeks after surgery. People with physically demanding jobs may need to wait 4 – 12 weeks before returning to full duty in order to make sure they have fully healed.

Ask your employer if you will need a written Return to Work note from your surgeon's office. Depending on your job, there may be some restrictions that you need to follow at work as you continue to heal.

Can the metal implants in my hip set off metal detectors?

Yes, the metal implants in your hip may set off metal detectors. At your post-operative appointment visit to our office, we will give you an info card that shows that you have had this surgery. Keep the card in your wallet, especially when traveling.

Please do not forget to bring with you an attitude of **SUCCESS!**

Forms to file with your employer before surgery



You may need to submit one or more of the following forms:

- Leave of absence
- Short term disability
- FMLA (Family and Medical Leave Act)

Ask your employer to send the paperwork to our office before your surgery date, along with your signed Release of Information consent form.

Our office fax: 207-781-1552

Contact us



Please call us if you have any questions or concerns.
We are here to help you have a safe and successful surgery.
Office hours: Monday–Friday, 8:00 a.m.-5:00 p.m.

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