

OAKLAND ORTHOPEDIC PARTNERS

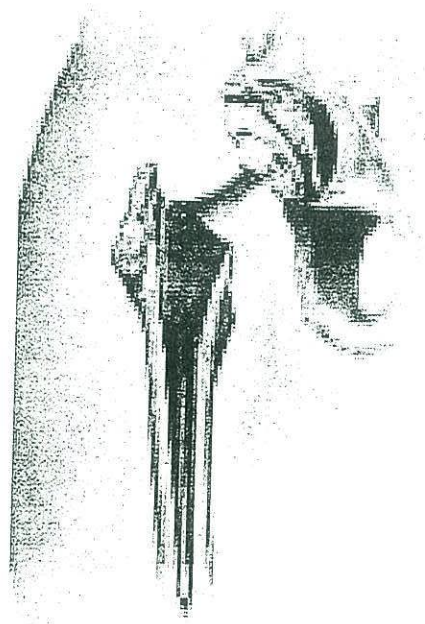
TOTAL HIP REPLACEMENT

A PATIENT GUIDE TO SURGERY

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248-334-0524

www.oaklandorthopedic.com



Provided to assist you and your family before and after surgery, this booklet contains important information to prepare for your surgery and as you heal. This is a partnership, and we will do our best to care for you.

Please carefully read this entire booklet. It will make you comfortable with the surgical experience and explain general and specific surgical risks. Should you have any questions, please call the office and one of our staff will be happy to assist you. It is our privilege to care for you.

IMPORTANT PHONE NUMBERS

Office appointments.....	248-334-0524
Surgery Dr. Henderson/248-334-0524
...../Lil.....	248-858-3842
Billing / Nancy.....	248-334-0524
Office Manager/Charlotte.....	248-334-0524

If you have any questions regarding your surgery, please call the office at the above phone numbers.

If you have any questions regarding the Joint Care Center, please call Martha at 248-294-6780.

NORMAL HIP

The hip joint consists of a socket formed by the iliac bone of the pelvis and a round ball attached to the top of the thigh bone (femur). Normally there is a thick layer of articular cartilage similar to a Teflon coating completely covering the ball and socket surfaces. The cartilage allows the joint to move smoothly and painlessly during most of our lives. Unfortunately, due to arthritis, trauma or other factors, the cartilage can wear away causing a "bone-on-bone" condition. This can be quite painful, but often these problems do temporarily respond well to medications, injections or other non-operative treatments. Another fairly common problem is that the ball itself may lose some of its blood supply causing the bone of the ball to deteriorate.

TOTAL HIP REPLACEMENT

A total hip replacement consists of a resurfacing component for the socket, combined with a new ball, which is attached to a femoral component anchored securely in the canal of the femur. The ball and socket prosthesis are made of metal with a hard plastic liner fitting inside of the socket to buffer one metal component from the other. During the surgery, the bone of the femoral canal and the iliac socket are precisely machined for a perfect fit with the prosthesis placement. The femoral component may be either cemented securely at the time of surgery or a press-fit, which is a non-cemented prosthesis. While both types of prostheses can provide excellent restoration of function of the hip, the advantage of the cemented prosthesis is that the recovery process can be hastened to allow full weight bearing status within a few days of surgery, while a non-cemented prosthesis generally requires a period of partial weight bearing status.



LONGEVITY

“How long will my hip replacement last?” The longevity of a hip replacement is dependent on many variables such as the patient’s activity level, body weight and bone density. **In general, given the optimal conditions of the above three variables, the modern prostheses have the potential of providing 20 or more years of pain free service.**

COMPLICATIONS

Complications are possible. These would include stroke, heart attacks, blood clots, anesthesia complications, infection and nerve damage. Other rare complications include calcium deposits, transfusion reactions and long term loosening. Many preventative measures are taken so that all of these problems are extremely rare.

EXPECTATIONS

The protocols of the Joint Care Center are carefully designed to address and minimize the possibility of complications. ***Most patients do extremely well with no complications or difficulty.** High personal motivation and compliance with our well structured program equal positive outcomes. Healthgrades.com documents that Saint Joseph Mercy Oakland has the lowest complication rate of any hospital in Southeastern Michigan!

RECOVERY

“ATTITUDE IS EVERYTHING”

Clearly, the most important factors in successful recovery are the patient’s attitude, motivation and efforts. A positive upbeat attitude tempered with humor and a willingness to work hard will make a major difference in your recovery.

The recovery process can be quick or somewhat slow, depending on the attitude and motivation of the patient. While the swelling and soreness will take several weeks to completely resolve, it is possible to have resumed almost all of your normal activities including walking without support, use of stairs and driving in about two weeks. Our specialized Joint Care Center will help to help you make this happen.

COACH

You will need a coach to encourage and help you in the entire process of joint replacement. Your coach can be anyone....a spouse, family member or friend. Your coach must attend the scheduled preoperative teaching class with you, and at least one or more sessions of group therapy while you are in the hospital. Your coach will continue to work with you after discharge with a full knowledge and understanding of the program of exercises that you must continue for a quick and easy recovery. **It is okay to be home alone some of the time during the day, but your coach or someone over 16 years old should be available to check on you and to stay with you for the first couple of nights after you return home.**