

An Educational Guide to Hip Replacement Surgery



Hip fracture is a serious issue that could be life-threatening if it transforms into a severe condition, or the treatment is delayed. Most cases of hip fractures are reported in the elderly as they are more prone to fall and have high chances of developing osteoporosis. Osteoporosis is a condition characterized by the weakening of bones due to loss of bone density, and hence, even a minor fall or slipping may cause a fracture.

Hip fractures also occur in young adults but in them, the causes are different. Traumatic injuries like automobile accidents and contact sports injuries are likely to cause hip fractures in young adults. Most cases of hip fractures require surgery where the damaged part of the hip joint is removed and replaced with an artificial one known as a hip prosthesis.

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In this post, we will talk about the facts related to hip replacement surgery.

What is Hip Replacement?

Also known as hip arthroplasty, hip replacement is a surgical procedure that is performed to remove the damaged/diseased portion of the hip joint and replace it with an artificial joint. The goal of hip replacement is to relieve the symptoms and improve the functioning of the affected joint.

Hip arthroplasty is the last treatment option when all other methods fail to provide any relief.

Our hip joint is a type of ball and socket joint that helps perform a wide range of motions. It is also known to be the largest weight-bearing joint in our body. Any injury or disease to this joint is debilitating as it makes the person unable to move or perform other activities involving the joint. Thus, surgery is sometimes required to fix the condition.

Who Needs Hip Replacement Surgery?

Hip replacement is performed in adults to fix a fractured or damaged hip joint that occurs due to a disease or traumatic conditions. There are certain health conditions that may affect the hip joint and surgical treatment is required in most cases:

- ✓ Osteoarthritis
- ✓ Rheumatoid arthritis
- ✓ Avascular necrosis
- ✓ Tumors in the hip joint
- ✓ Hip fracture caused due to injury

What Are the Symptoms Indicating the Requirement for Hip Replacement?

There are certain signs that may indicate the need for hip replacement, some of the common ones include:

- ✓ Persistent pain around the hips
- ✓ Difficulty or inability to walk
- ✓ Difficulty in doing simple tasks like getting dressed, tying shoelaces, and more
- ✓ Intense pain after periods of inactivity
- ✓ No relief with conventional treatment methods like physical therapy, rest, and medication

How Hip Replacement is Performed?

Depending upon the severity of the condition, the healthcare service provider will decide whether partial or complete hip replacement is required. Certain imaging and pathological tests are also performed before the surgery to clear any doubts.

The patient will be given anesthesia before the surgery and hence, he/she will be asleep during the surgery. Now, the surgeon will make an incision on the front or sides after cleaning the area. It is required to expose the damaged part of the joint. After this, the surgeon will cut that part leaving the unaffected one intact. The hip prosthesis is now attached in that place carefully by the surgeon. After confirming the correct placement, the incision is closed, and dressing is applied.

The recovery after hip replacement surgery may be slow but, it is important to follow all the instructions stated by the surgeon to achieve better results.

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