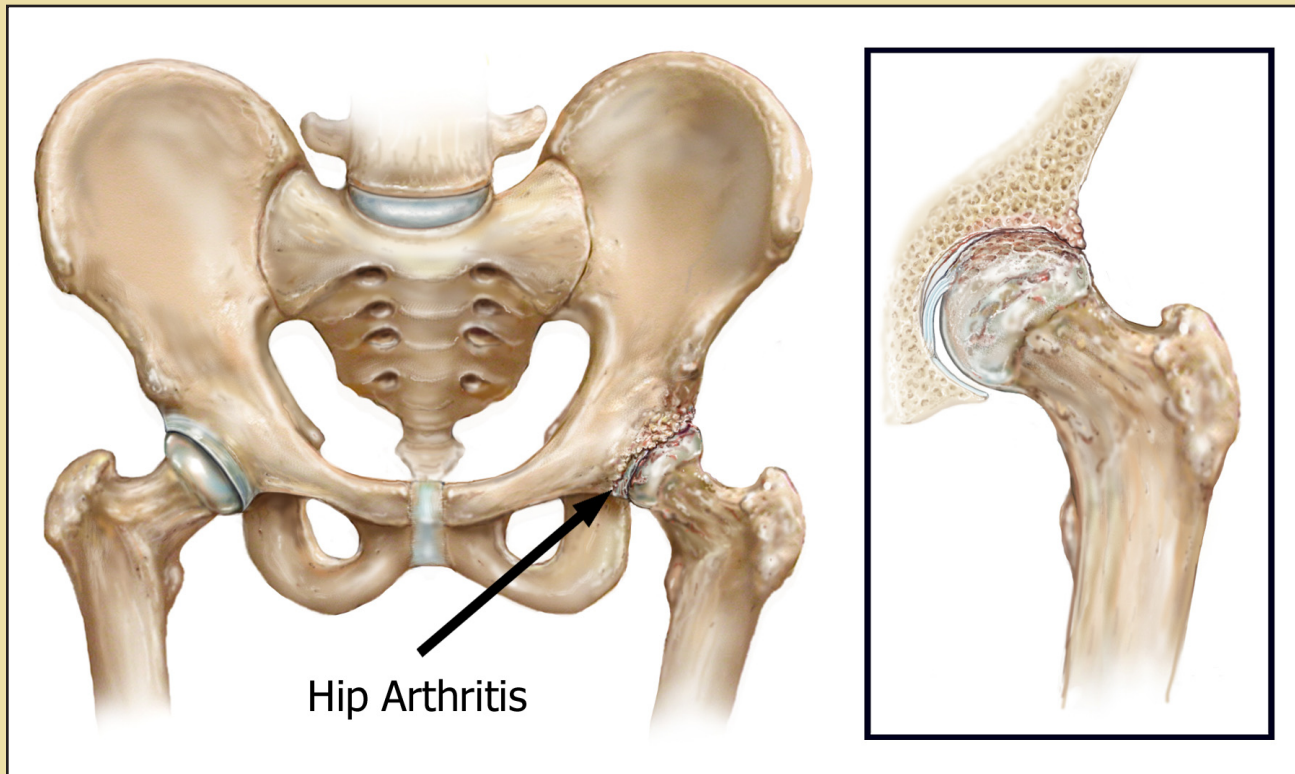


Total Hip Replacement Surgery

You might be a candidate for a total hip replacement if you have failed other treatments for osteoarthritis of the hip. This includes no improvement in your symptoms after trying any of the following; activity modification, physical therapy, anti-inflammatory medication and cortisone injection. Additionally, if your pain is negatively affecting your activities of daily living and keeping you awake at night you may also be a candidate.



About the Procedure

In a hip replacement, the old damaged bone of your joint surfaces are removed and replaced with metal, plastic and/or ceramic components. The joint surfaces of the femoral head (the ball) and the acetabulum (the socket) are all replaced with these new components.

Traditionally a hip replacement was performed through a long incision on the side of the hip. Recently, a new technique called "Minimally Invasive" surgery has become popular among Orthopedic Surgeons. In this technique, the incision is smaller and less of the hip musculature is split and detached. However, minimally invasive technique is only for the right patient. Candidates include younger and thinner individuals as well as those whose health history supports a shorter hospital stay.

The level of invasiveness of your total hip replacement surgery does not correlate to the size of your scar. Much of the minimally invasive technique is done beneath the skin and cannot be seen by superficial examination.

CLINIC LOCATIONS

Columbia Heights
Eagan
Forest Lake
Downtown St. Paul
Hastings
Maplewood
Vadnais Heights
Woodbury - Allina
Woodwinds
Health Campus

CONTACT INFORMATION

Main Line
(651) 842-5200

Appointment Line
(651) 842-5201

Online at:
summitortho.com



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Prior to Surgery

The following will need to be completed in the weeks before surgery:

- You **must** have a pre-op history and physical with your primary care provider within 30 days before surgery. The results should be faxed to the facility where your surgery is scheduled **and** you should hand carry the original form to surgery.
- There are several joint replacement education classes in the St. Paul area. In these classes, fellow joint replacement candidates gather and learn about what to expect before, during and after surgery.
- Any dental procedures need to be done at least one month in advance of your surgery.
- Discontinue the use of Vitamin E three weeks prior to surgery.
- Prepare your house for your return after surgery. Simple things like picking any clutter up off the floor, clearing space to maneuver a walker and placing a chair in your shower stall can all help decrease the risk of an accidental fall.
- Notify your physician if you become ill with a cold, fever, congestions, etc. the week prior to surgery. These conditions may require the rescheduling of your surgery.



The following will need to be done in the days before surgery:

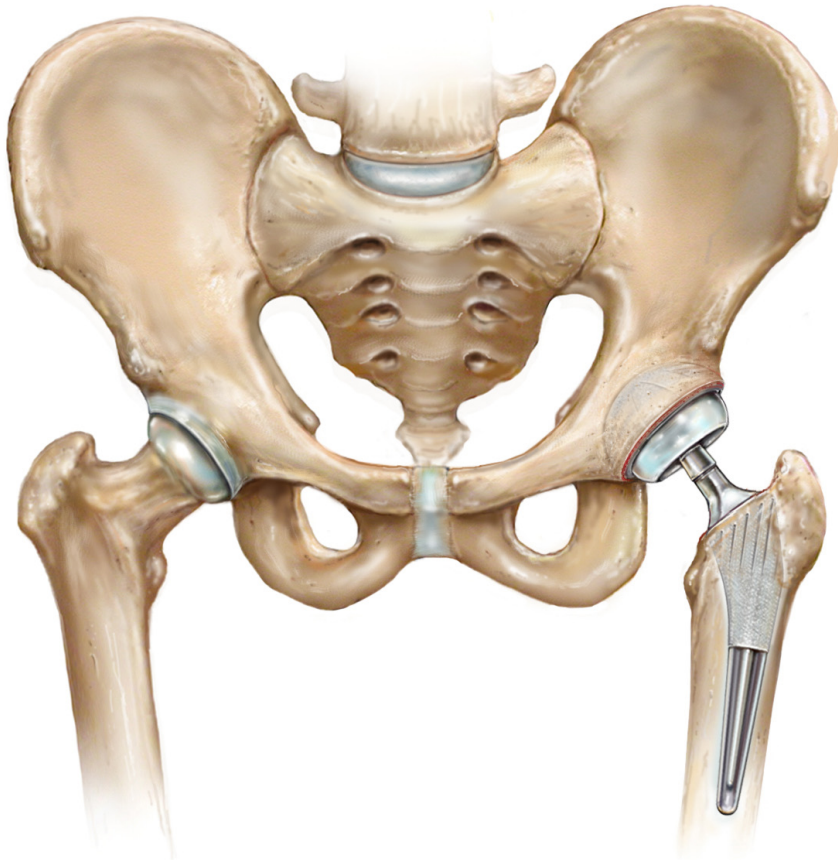
- Refrain from smoking after midnight the night before your surgery.
- Alcohol consumption is prohibited 24 hours prior to surgery.
- Do not take any Tylenol or Advil. Aspirin, Plavix or Coumadin need to be stopped in the days prior to surgery. This will be managed by your primary physician or your surgeon and their team.
- A nurse from the hospital will contact you 24 hours prior to surgery to tell you what time your surgery is scheduled for and answer any questions you may have.



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If you need help with disability, Family and Medical Leave Act or report of work ability forms; please contact your physician's patient coordinator.



The day of surgery

Arrive at the hospital 2 hours prior to surgery. During this time your nurses may run some minor tests, check your blood pressure and take your pulse. Additionally, your anesthesiologist will meet with you to discuss the type of anesthesia you will receive.

Your family may remain with you until you are taken to surgery. At some point during this time your surgeon or the physician assistant will come in and address any last minute questions or concerns you might have.

Recovery

Initially, you will be placed in a recovery room for several hours so that you can be closely monitored as the anesthesia wears off. During this time your family will be notified that the surgery is complete and that you are in recovery. After the effects of the anesthesia have subsided and you are medically stable, you will be moved to a hospital room. At this point your family will be able to visit you.

The length of your hospital stay will depend on your medical history, overall health and rate of recovery. During your stay in the hospital you will be participating in physical therapy several times a day and deep breathing exercises to reduce the risk of complications following surgery.

Contact your doctor immediately if you develop a fever or chills, have pain that is not relieved by medication, excessive unrelenting drainage, calf pain or if you fall. Call 911 immediately if you experience any shortness of breath or develop chest pain.



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Leaving The Hospital

Once discharged from the hospital, some patients wish to stay in a rehabilitation facility. If you decide that you would like to go home, a physical therapist can come visit you at your house to facilitate your recovery. The decision to go to a rehabilitation facility or home is based upon several factors and your doctor and the patient coordinator can help you determine which is the appropriate choice for you.

Your First Post-Op Visit

In the weeks after surgery, your doctor will want to see you in clinic. At this appointment the staples will be removed (if they haven't been already), x-rays may be taken, you will be given instructions for the next four to six weeks and your doctor will provide you a prescription for outpatient physical therapy if needed.

Potential Complications During and After Surgery

It is important to have realistic expectations about your hip replacement surgery. Even though it is rare, there are potential complications with any surgery. Please refer to the Summit Orthopedics pre-operative informational brochure for further information regarding potential complications and the risks associated with surgery.

Long-Term Outlook

The purpose of this brochure is to be educational and to be read with the understanding that any information your Orthopedic Surgeon provides you overrides this printed material.

The National Institute of Health identifies total hip replacement preoperative education as one of the main factors in increasing your chances of a positive outcome. Our goal at Summit Orthopedics is to assist you in this regard and help you have the best experience possible as you transition into this new phase of your life. Should you have any questions or concerns, do not hesitate to contact your physician, their patient coordinator or the physician assistant. They are available to help address any questions or concerns that you may have.

For additional educational materials regarding this topic please visit our website, www.summitortho.com and click on the "Patient Education" quick link.

NOTES:



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