

## **Total Hip Replacement**

### **Introduction**

Total hip replacement consists of acetabulum cup, ball head and femoral stem. They are usually made of metal alloy, polyethylene or ceramic.

### **Indication**

- Osteonecrosis
- Degeneration arthritis, rheumatoid arthritis, or other arthritis
- Femoral head or neck fracture
- Others \_\_\_\_\_

### **The Procedure**

- Excise damaged joint
- Insert and fix up the artificial joint

### **Risk and Complication**

#### ***Risk of Anesthesia***

- Please consult your anesthetist

#### ***General complications***

- Heart attack, chest disease, deep vein thrombosis, pulmonary embolism etc. If severe, can be fatal

#### ***Specific complications***

- Infection
- Bleeding, haematoma, healing problem, scarring
- Joint dislocation
- Fracture, nerve damage, blood vessels damage leading to paralysis or loss of limb
- Leg length difference
- Wear and loosening

### **Before the Procedure**

- Treat and optimize existing disease conditions, e.g. Ischemic heart disease, hypertension, diabetes mellitus, anemia, lung disease
- Look for and treat any infection of the teeth, urinary tract, respiratory tract and skin infection of the feet. You must tell your doctor about these as early as possible.
- Stop eating and drinking few hours before surgery

### **After the Procedure**

- Follow medical professionals' instructions to prevent dislocation
- Deep breathing exercise to prevent lung complication
- Exercises of toes and ankles of both lower limbs to prevent venous thrombosis
- Start walking exercise when pain improves

**Possible Additional Procedure**

Extra-procedures or treatment may be required if complications arise.

- Deterioration of pre-existing disease leading to worsening of symptoms
- Others \_\_\_\_\_

**Alternative Treatment**

- Conservative treatment including analgesics, modify daily activities, using walking aid for pain relief

**Follow Up**

- Avoid excessive hip flexion to prevent dislocation
- Avoid crossing of legs to prevent dislocation
- Others \_\_\_\_\_

**Remarks**

The information contained is very general, the list of complications is not exhaustive and other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.