

### Are there complications?

As with any surgery, there is a risk of developing complications after hip replacement surgery. Although the chance is low, your orthopaedic surgeon will discuss all of the possible complications with you prior to surgery.

### What about pain?

The pain you are currently experiencing in your hip will be gone after surgery; however, you will have surgical pain. Thanks to advances in medication technology, we are able to keep you relatively comfortable after surgery. Our goal is to get you back to the activities you enjoy as soon as possible.

### How can I learn more?

To learn more about hip replacement surgery, we encourage you to attend one of our free Joint Pain Seminars. The one-hour seminars include information about the causes of pain and the latest treatments — including suggested medications, nutrition and exercise.

In addition, prior to your hip replacement surgery, we will ask you to attend a preoperative education class. For more information about the seminars or the preoperative education class, call (515) 643-BONE, e-mail [jointcamp@mercydesmoines.org](mailto:jointcamp@mercydesmoines.org) or visit [www.mercydesmoines.org/ortho](http://www.mercydesmoines.org/ortho).

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## Hip Replacement

*Mercy Center for Joint Replacement*

**Mercy**  
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*A service of Mercy Medical Center—Des Moines*

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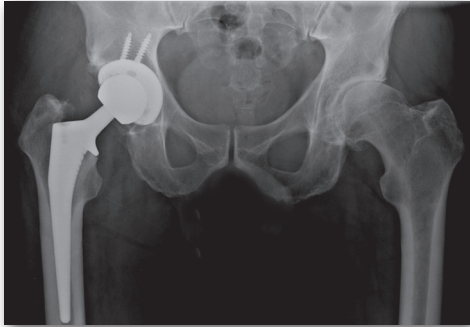
## What is hip replacement?

Hip replacement is a surgical procedure that involves removing a worn, diseased or damaged hip joint and replacing it with an artificial joint, called a prosthesis. The artificial joint is composed of a ball and socket component made of metal and plastic or ceramic. Having a hip replaced can help relieve pain and get you back to enjoying normal everyday activities.

## Arthritic hip



## Hip replacement



## Who should have a hip replacement?

Hip replacement surgery may be considered when arthritis limits everyday activities, such as walking and bending. If the pain you're experiencing continues while resting or stiffness in your hip limits your ability to move or lift your leg, talk with your surgeon about the benefits of hip replacement surgery.

## Is there an alternative to replacement?

Hip replacement surgery may be recommended after careful diagnosis of your joint problem. More conservative treatments—including medications, injections, physical therapy or other types of surgery—may be discussed and considered depending on your joint problem.

## What is the difference between anterior and posterior hip replacement?

There are different ways to approach the hip joint during surgery. Your orthopaedic surgeon may replace your hip from the front (anterior approach), the side (lateral approach) or the back (posterior approach). No matter which approach is used, they all share the same outcome.

The anterior approach is the newest technique used during hip replacement surgery. One of the many benefits of this approach is fewer movement restrictions after surgery. Mercy is one of the only hospitals in the state to offer the anterior hip replacement option to patients.

## How long is the hospital stay after surgery?

After hip replacement surgery, patients participate in Joint Camp, a program of the Mercy Center for Joint Replacement offered at Mercy's Central Campus downtown, as well as at the Mercy West Lakes Campus. Joint Camp is intended to help hip and knee replacement patients achieve successful recovery after joint replacement surgery. Through pre-operative education and group exercise, patients encourage each other to work harder during the recovery and rehabilitation process. Patients should expect to be in the hospital no more than two to three days.

## How long is the recovery process?

At Joint Camp, joint replacement patients are up and able to walk the first day after surgery. Typically, patients need the assistance of crutches or a walker for the first six weeks after surgery, followed by a cane for another three to six weeks. In addition, patients are able to drive within four to six weeks and participate in more strenuous activities—such as golf—in six to 12 weeks.

## Will I have restrictions after surgery?

There are certain activities that should be avoided after hip replacement surgery. Orthopaedic surgeons advise patients against participating in high impact activities—such as jogging, singles tennis, skiing, repetitive lifting exceeding 50 pounds and contact sports. Instead, low-impact activities—like recreational walking and biking, swimming, golf and ballroom dancing—are encouraged and help patients remain active after surgery.