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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

You're scheduled for Total Hip Arthroplasty (THA), also known as hip replacement, to restore your hip joint space. Here's what you need to know:

Procedure Overview:

- A 6-inch incision is made through the lateral buttock.
- The arthritic femur bone is removed, and an implant is cemented into the remaining bone.
- A cup-shaped implant is secured into the pelvis to restore the hip joint.
- The incision is sutured, glued, and covered with a waterproof Prineo dressing.

Wound Care:

- No additional wound care is required. The Prineo dressing is waterproof and protects your incision.
- Showering is permitted, but avoid submerging your hip in water. Pat dry afterward and do not remove the tape.

Blood Thinner:

- Resume if you are already taking a blood thinner.
- Otherwise, take the prescribed enteric-coated aspirin 81 mg twice daily for one month for DVT prophylaxis.

Mobility and Recovery:

- Expect a 3-month recovery on average.
- For the first six weeks, use a walker with a 20 lbs. weight-bearing restriction (toe-touch only) on the operative leg.
- Transition to a cane afterward, which will be weaned once your gait normalizes.

Physical Therapy:

- Attend outpatient physical therapy starting after your post-op follow-up.

Total Hip Precautions:

- Follow precautions: Do not flex the hip more than 90°, avoid turning the foot in or out, and refrain from moving the knee inward past the navel.

Risks of THA:

- Surgery risks include bleeding, infection, wound healing issues, fracture, leg length discrepancy, neurovascular injury, DVT/PE, hip dislocation/instability, and the potential need for revision surgery.

Non-Operative Risks:

- Without surgery, risks include worsening arthritis pain, decreased function, mobility issues, falls, fractures, and reduced quality of life.

Pre-Surgery Preparation:

- If you smoke, stop for six weeks before surgery and throughout rehabilitation.

Feel free to reach out if you have any questions or need clarification. Don't hesitate to consult with your surgeon for any additional information.