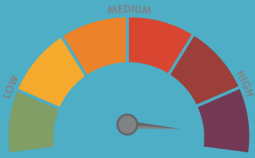


Total Hip Replacement




Late to very late stages

What is it?


The diseased bone is surgically removed and replaced with an artificial joint (typically a mix of plastic and metal).


There are several variations on this procedure. Your surgeon will explain which ones are available in your hospital.

It is performed under anaesthetic and, with the rapid recovery programme, the length of hospital stay is relatively short. In some patients, it can be a day-case operation.



Works best in stage 5 & 6






Benefits

This is one of the best procedures available to improve quality of life.

More than 96% of hip replacements function properly 10 years after implantation.

More than 90% of patients are happy with the operation.



Risks

You should consider all risks associated with major operations.

Specific risks include pain, bleeding, swelling, stiffness, infection, failure to heal, poor alignment, back pain etc.



Very high cost



Painful for 2+ weeks



Affected 2+ months



Affected for 2+ weeks



No - 6+ weeks



Affected 2+ months



Affected 2+ weeks



Affected 3+ months



Affected 4+ weeks



Affected 3+ months



Affected 2+ months

Limitations due to treatment



Coming into hospital for your Joint Replacement Operation

Video

What does it involve?

There are several variations on this procedure, but the most commonly used system is the one developed in Exeter or, alternatively, that developed by Charnley. Your surgeon will be able to explain the specific type that is available in your hospital.

With a rapid recovery programme in place, the length hospital stays following surface replacement has been significantly reduced to only a few days. For a select few patients, this can be done as a day case operation.

Effort/burden

This is usually a one-off procedure to address pain and mobility issues.

You must consider and accept the specific risks of this operation, as well as more general risks associated with a major operation.

It may take a couple of months to recover from a total knee replacement.

There are some limitations and precautions you will have to observe to decrease the risk of complications. Examples of these include not sitting cross-legged, no deep squats and avoiding leaning forward too much by bending at the hip.

You may not be able to drive a car for a couple of months.

Benefits

There is very good evidence to support hip replacements.

This is one of the best procedures available to improve quality of life.

More than 96% of hip replacements will still be functioning 10 years after implantation.

There is excellent patient satisfaction after this procedure, with more than 90% of patients happy with this operation.

Clinical success, as recorded with patient outcome measures such as Oxford Hip Scores, are generally very good to excellent after hip replacement surgery.

Limitations and side effects

You should consider all the limitations and side effects of a major operation.

Your scar may be sensitive for a few months after the operation. As a result, you may not be able to lie on the side where your operation took place.

Immediately after the operation, pain is likely to get worse before it gets better. Medications will be provided to help you with this.

Hip pain may not completely decrease, but is likely to improve significantly.

There may be side effects from the medication, especially painkillers, antibiotics or anaesthetic agents. These include skin rash, constipation, liver or kidney damage etc. Please ask your doctor if you wish to know more.

While you recover from the operation you will need to use physical aids such as crutches or a frame which may have an impact on your ease of mobility.

You will need to take care of the area that was operated on. This may mean being more careful with dressing and wound care - the outreach nurse or practice nurse from your GP will help you manage this.

You will need to attend your GP practice or hospital for a wound check and follow-up appointments.

You will need to go to the physiotherapy department regularly to get the most out of this surgery.

Your work, activities of daily living, walking, sleeping, intimate relationship, family life, leisure activities and driving will all be affected for a few weeks to months after this procedure.

Risks

General risks: Heart related problems (heart attack, irregular heartbeats), lung-related complications (pneumonia, lung collapse), post-operative confusional state, post-operative decline of brain function (cognitive decline), kidney failure, urinary tract problems (infection or retention with the need for using catheter), nerve damage, damage to blood vessels, deep vein thrombosis (DVT), pulmonary embolus (PE), complex pain, pressure sores, diathermy burns, wrong side surgery, severe allergy to medications, damage to structures unrelated to surgery (like lips/teeth/throat, eyelids etc) regret of undergoing surgery and death.

Specific Risks: Pain, bleeding, swelling, stiffness, superficial infection, inflammation, sensitive scar, change in appearance of the operated area, puckered scar, thick scar, numbness, failure of tendons or muscles to heal, deep infection needing further surgery, poor alignment of the implant, leg length difference, dislocation, back pain, etc.

Cost

This is a very high-cost option for both patients and the NHS.

Patients: You will need to take time off work, have help during the initial recovery stages and visit the hospital and physiotherapy department. This may involve paying for taxis, parking or favours from friends and family.

NHS: Generally expensive, costing approximately £8,000 per procedure. However, the cost can be much more should a complication occur and require treatment.

What if no treatment is done?

Ongoing pain.

Your arthritis may deteriorate and affect your activities of daily living, family life, work environment and leisure activities.

If the condition progresses, more complex and demanding procedures may be required.

If your arthritis progresses significantly, no further treatment may be available. You may regret not opting for treatment earlier