

TOTAL HIP REPLACEMENT





Causes of Hip Pain

Arthritis is the leading cause of disability in the United States, and the most frequent cause of discomfort and chronic hip pain. In fact, it's estimated that 1 in 4 people in the United States has arthritis, and 75% are under the age of 65.¹

Of the more than 100 types of arthritis, the following three are the most common causes of joint damage:

Osteoarthritis is a disease which involves the wearing away of the normal smooth joint surfaces. This results in bone-on-bone contact, producing pain and stiffness. Even though there is no cure for arthritis, treatments like hip replacement allow patients to enjoy their lives with less pain and better mobility.

Rheumatoid arthritis is an autoimmune disease (auto means self). With rheumatoid arthritis, the body's immune system produces a chemical that attaches and destroys the synovial lining covering the joint capsule, the protective cartilage and the joint surface, causing pain, swelling, joint damage and loss of mobility. It affects women more often than men and can strike young and old alike.

Trauma-related arthritis, which results when the joint is injured, is the third most common form of arthritis. It also causes joint damage, pain and loss of mobility.

DePuy Synthes

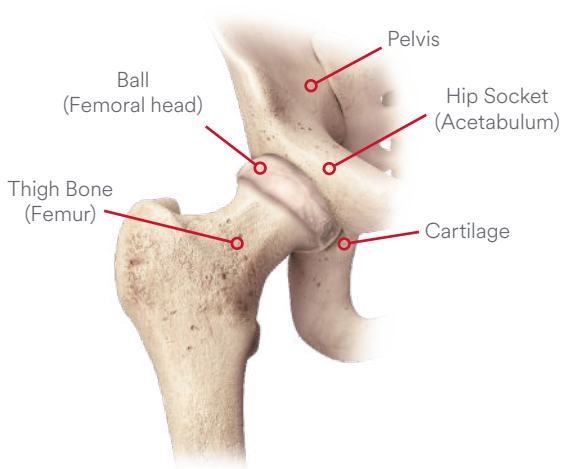
DePuy Synthes has been a pioneer in hip replacements for more than 40 years, continuously finding new ways to get you back to doing the things you love.

The Potential Benefits of Hip Replacement Surgery

- Relieve pain
- Improve mobility
- More freedom to pursue everyday activities, such as walking or climbing stairs

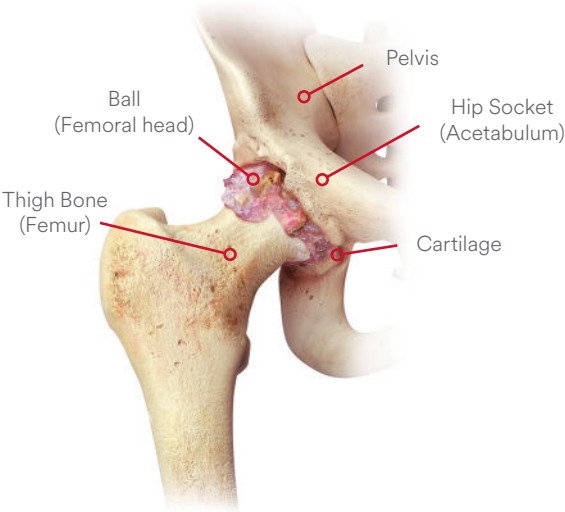
Hip Anatomy

A joint is a point where multiple bones meet and work together so that you can perform daily tasks like sit, climb stairs, walk comfortably, etc. The hip joint is described as being a “ball and socket” joint due to the joint’s appearance of a ball (femoral head) fitting snugly in a cup-like socket (acetabulum). The ball (femoral head) is located at the top of the thigh bone (femur) and the socket (acetabulum) is part of the pelvis. The area where the bones meet is covered by slick but firm tissue called cartilage, allowing the joint to move smoothly.



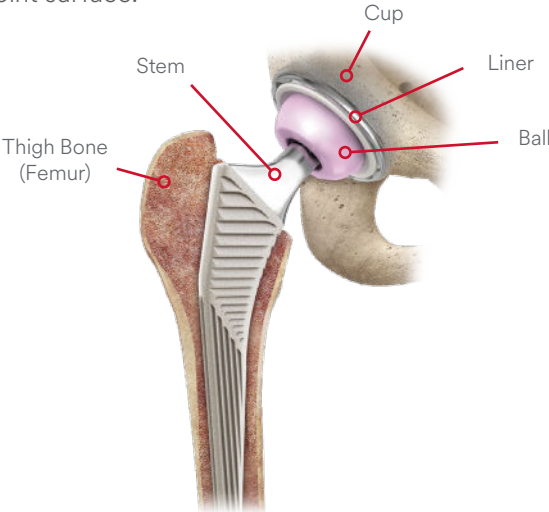
Healthy Hip

As joint disease progresses, the bones begin to rub together causing a rough misshapen surface, sometimes resulting in bone-on-bone contact, producing pain and stiffness.



Osteoarthritic Hip

Hip replacement surgery removes the worn and arthritic areas of your hip joint and replaces those areas with an implant that helps restore a smooth joint surface.



Hip Replacement Component

The Potential Benefits of Your DePuy Synthes Hip Replacement

**A design intended to help preserve
your hip's natural movement**

The DePuy Synthes hip products have been designed to act much like a natural hip as well as increase the stability of your hip, potentially reducing pain.



A close match to your unique anatomy

Each person's hips are unique. To provide the best fit for your hip, your surgeon will choose from a number of implant sizes and components. On average, a total hip system (stem, ball, cup, and liner) weighs between one and two pounds, depending on the type of material that is used.

Things to Consider

- Can hip replacement help provide relief from pain and stiffness?
- Is age a factor in hip replacement surgery?
- Am I a suitable candidate for hip replacement?
- Ask your surgeon to explain the advanced technologies available for hip replacement surgery.
- What are the benefits and risks of hip replacement surgery?
- How long does it take to recover and rehabilitate from hip replacement surgery?
- What is my role in recovery and rehabilitation?
- If I undergo hip replacement surgery, will I be able to resume daily activities?

Preparing For Surgery

To prepare for surgery you may need to:

- Compile a list of your medications and dosages for the surgeon
- Prepare your home for return from the hospital
- Discuss your recovery with relatives and friends who may be caring for you after you leave the hospital

Post Surgery

Hospital Stay

The hospital stay for hip replacement surgery varies. Some patients will stay longer or shorter depending on their specific situation. A full recovery typically takes 3-6 months. Your hip rehabilitation begins right after surgery, as ordered by your surgeon. Your physical therapist will instruct you to:

- Begin isometric exercises (tighten muscles without moving the joint) a number of times per day while you are still in bed
- Move your ankle and other joints so that you will remain strong
- Learn the safest methods for getting in and out of bed or a chair, and on and off the toilet
- Understand the do's and don'ts of joint replacement recovery



Rehabilitation Timeline

Rehabilitation after your surgery plays an extremely important role in making your hip replacement a success.

Goals of Rehabilitation:

- Improve your muscle strength
- Increase the movement in your hip joint
- Protect your new hip joint
- Help you resume most of your normal activities

Rehabilitation and recovery takes time and commitment. Each person is different and the length of recovery is dependent on your particular situation, overall health and your rehabilitation. Many people achieve recovery in 3-6 months. When your surgeon feels you are ready, you should be able to resume some, if not most, of your normal daily activities.

Activity after Surgery

Follow Your Surgeon's Advice

After undergoing hip replacement surgery, it is important you have realistic expectations about the types of activities you may participate in during your recovery phase. These activities may include:

- Driving
- Sexual Activity
- Leisure and Sport Activities
- Work Activities

Activities that may cause high-impact stress on the implant should be avoided.

For Caregivers

One of the important ways to support your loved one is to ensure he or she receives the best medical care possible by acting as their patient advocate. This means asking questions when you don't understand something, educating yourself, being an active member of your loved one's care team and seeking guidance from qualified medical professionals. This is especially important when your loved one is not able to communicate with their health care providers on their own.

While you may not have a medical or healthcare background, your day-to-day experiences with your loved one can provide critical information, so it is important to stay involved. Their healthcare professional may rely on this information in order to care for your loved one.

Before your appointment, ask questions of your friend or loved one to get as thorough an understanding of the symptoms as possible.

Did you know that 60 to 80 percent of health problems can be diagnosed by the information the patient provides his or her doctor?²

Communicating with Health Care Providers

Avoid communication barriers

- Find out if someone is available to speak to your loved one in their most frequently used language (either the doctor or a staff member)
- Talk about how your loved one communicates his/her feelings and concerns—physically, verbally, and emotionally

- Ask questions when you or your loved one have them and make sure you fully understand the information being given to you or the patient

Feel comfortable with the staff

- Make sure doctors and staff listen to the patient's concerns and provide answers to any questions
- See if care options can be adapted to fit within your loved one's religious or cultural beliefs

Stay involved

- Talk about which family member(s) should be included in discussions about the patient's condition/disease and subsequent treatment
- Talk about whether the patient prefers to discuss his/her diagnoses, test results, and treatment options with or without another family member present

Resources:

The website links below have additional information on treatment options for hip pain including rehabilitation, finding a surgeon in your area, and hearing about real patients who overcame their hip pain.

[**www.DePuySynthes.com**](http://www.DePuySynthes.com)

[**www.HipReplacement.com**](http://www.HipReplacement.com)

Important Safety Information

As with any medical treatment, individual results may vary. The performance of hip replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have this surgery. Only an orthopaedic surgeon can tell if hip replacement is an option for you.

Your Questions Answered

Here are some common questions people have about hip replacement surgery, rehabilitation and recovery.

Q. Am I too young for a hip replacement?

A. Hip replacement is not based on age, but on a person's level of pain and immobility. Total hip replacement is considered to be an effective procedure that can help patients resume a more active lifestyle.

Q. How do I know if I'm ready for hip replacement?

A. Only your orthopaedic surgeon can decide if hip replacement is the appropriate treatment for you. Your doctor will assess your situation and discuss the various treatment options available. He or she will explain the risks and benefits so that you, together with your doctor, can make an informed decision about your future course of treatment.

Q: Do I need to take any precautions before future medical procedures?

A: From now on, you must inform any doctors, including dentists, treating you that you have undergone hip replacement surgery. More than likely, antibiotics will be prescribed before a procedure to avoid infection.



Q: Will my new hip set off metal detectors?

A: The sensitivity of every metal detector is different, and it's possible that your implant might cause the machine to go off.

Q: Can I have an MRI after my hip replacement surgery?

A: MRI, or magnetic resonance imaging, is used as a diagnostic tool for many types of medical conditions. If a doctor is considering ordering an MRI for you, make sure he or she is aware of your hip implant. For more information, visit www.mrisafety.com.

Q: I live by myself. Whom can I turn to for help during recovery and rehabilitation?

A: You will likely need assistance with your daily activities for several days to a few weeks following your hip replacement surgery. If you live alone, speak with your surgeon about being admitted to a rehabilitation facility for at least a few days following your surgery so you can get the assistance you need.

Q: How should I take care of my new hip implant?

A: Hip replacements are designed for the normal activities of daily living. Avoiding trauma and high impact activities are helpful in caring for your new hip replacement.

Q: How will hip replacement affect my daily life?

A: A majority of patients who undergo total hip replacement experience a reduction of hip pain and a significant improvement in the ability to perform common activities of daily living.³

Use this page for potential questions for your surgeon.

References

1. 2019 GlobalData – 39 Country Hip Reconstruction Market Model Dataset. <https://medical.globaldata.com/Medtrics/OrthopedicMedtrics>
2. Keifenheim et al. BMC Medical Education (2015) 15:159 DOI 10.1186/s12909-015-0443-x
3. American Academy of Orthopaedic Surgeons. Total Joint Replacement. <https://orthoinfo.aaos.org/en/treatment/total-joint-replacement/>

For more information, visit www.DePuySynthes.com

Please refer to the instructions for use for a complete list of indications, contraindications, warnings and precautions.



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