

# HIP REPLACEMENT Q&A

Here are some frequently asked questions about hip replacement surgery.

## **Am I ready for hip replacement?**

Only your orthopaedic surgeon can decide if hip replacement is the appropriate treatment for you. And only you can decide if you are ready for it.

## **Am I too young for hip replacement?**

Hip replacement is related to need, not age. Total hip replacement surgery can be an effective procedure that can help patients resume a more active lifestyle.

## **Why do people wait so long to have hip replacement surgery?**

Many people delay joint replacement due to fear, misinformation, or a lack of awareness about their treatment options.

## **After hip replacement surgery, do I need to take any precautions before future medical procedures?**

From now on, you must inform any doctors, including dentists, treating you that you have undergone hip replacement surgery. Antibiotics may be prescribed before a procedure to help avoid infection.

## **I live by myself. To whom can I turn for help during recovery and rehabilitation?**

You will likely need assistance with your daily activities for several days to a few weeks following your hip replacement surgery. If family members or friends are unable to assist you, ask 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.

## **What should I expect once I've decided to have hip replacement surgery?**

Once you and your surgeon have decided hip replacement is right for you, your primary care physician or internist will take you through a preoperative medical evaluation. Scheduling and recovery plans are then discussed with your surgeon and hospital personnel.

## **How long will recovery and rehab take?**

The typical hospital stay for hip replacement surgery varies, and each patient recovers differently. After surgery, you will work with a physical therapist to gradually increase your hip strength and mobility. Typically, full recovery takes 3 to 6 months.

## **How can I help protect my new hip implant?**

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 implant.

## **What is the cost of a hip replacement?**

The cost of a total hip replacement should be discussed with your particular insurance company. Every plan varies in out-of-pocket expense to the patient. You should check with your insurance company regarding these potential costs.

## **Will my new hip set off metal detectors?**

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