

# Hip Surgeries

## Hip Replacement Surgery

The hip joint is a ball and socket joint – that’s why you can move your hip in many directions. The ball, the round head of the thigh bone (femur), moves in the socket of your pelvis (acetabulum).

In total hip replacement surgery, the surgeon replaces the joint with a metal prosthetic. The head of the femur (thigh bone) is replaced with a metal ball. A moulded shell with a liner is implanted in the socket and the metal ball is fitted into the shell. The whole process takes about 2 hours. Today’s modern prosthetics can provide improved joint function and relieve pain for up to 25 years.

After surgery you can expect to stay in the hospital for 2 to 3 nights. The nurse will check on you to monitor your progress and help you manage your pain. You will see both a physiotherapist and an occupational therapist. The physiotherapist will work on your overall mobility and the occupational therapist will teach you safe ways to do everyday activities.

On the day of surgery you will be encouraged to stand up using your walker. In the following days you will practice walking and will go up and down the stairs with crutches. Expect to use a walking aid, like crutches or a walker, for at least the first 3 months after surgery.

You will be on medication to manage the pain. It is important to talk to your nurse about pain control. Don’t try to suffer through; pain can stop you from moving your joint and delay your recovery.

Exercising regularly can help you get the most out of your surgery. Physical activity speeds recovery, stimulates your circulation, and reduces your chance of developing a blood clot. During the first three months you will have to be cautious with your new joint and avoid certain activities. For example, you will not be allowed to bend over or sit with your legs crossed. Talk to your doctor or physiotherapist if you have any questions about exercise or rehabilitation after surgery.

For more information about hip replacement or to find out if this is the best surgery for you, talk to your surgeon.

- Read more about [Hip Precautions](#) (This document is also available on the OASIS website)



## Hip Resurfacing

With hip resurfacing surgery, broken bits of cartilage are removed from the joint. Surgeons “scrape away” the broken cartilage from the head of the thigh bone (femur) and the hip socket (acetabulum), allowing the joint to move smoothly with less pain. A liner is then inserted into the socket and over the head of the bone.

Because this procedure resurfaces the joint, instead of replacing it, many people think that it is minor surgery. The truth is it requires the same amount of joint manipulation and the same 3 months of hip precautions as a total hip replacement. Generally, hip resurfacing surgery is a short-term solution to osteoarthritis pain.

Talk to your surgeon to find out if this procedure is appropriate for you.

