Hip Replacement Surgery
Orthopaedic Joint Assessment Centre

How does it help?

Physiotherapy

- Decrease pain
- Improve mobility

What is the process?

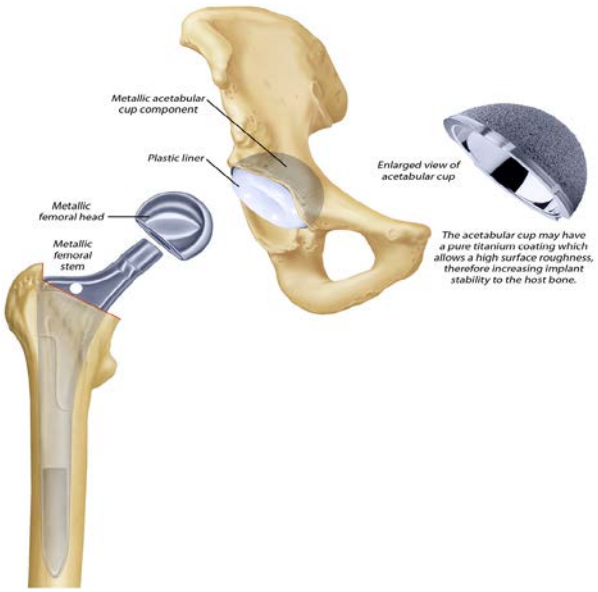
- **Surgical consult:** to discuss whether you will need surgery
- **Pre-operative appointment:** 2-3 weeks prior to surgery. Once you see the surgeon you will be given forms to complete and bring to your pre-op appointment.
- **Surgery:** Approximately 2 hours
- **Hospital stay:** 0-1 days and discharged home
- **Physiotherapy:** 14 days after surgery at outpatient centre
- **Post-op follow-up:** 4 weeks, 3 months, 1 year (Surgeon dependent)

Important

- You will be able to walk within the same day with a walker and do stairs with a cane by the time you leave the hospital
- Return to work will be discussed with your surgeon.
- Hip precautions will be provided by your surgeon.
- **Dental work should NOT take place 1 month before and 3 months after surgery. The use of antibiotics are recommended for up to a year post op for dental procedures. Please speak with your surgeon regarding.**
- **Driving and flying restrictions post-op:** This will be discussed by your surgeon and will be determined on a case by case basis.

Risks

- Infection
- Longevity
- Leg Length
- Fracture
- Anaesthetic
- Blood transfusion
- Blood Clots
- Dislocation



Post-Operative Expectations

During your post-operative recovery period, you may require some help at home for several days to several weeks. Please ensure that you make arrangements for this. The majority of patients will experience functional recovery by 3 months' time. Maximal recovery will likely take up to a year.

AVOID INJECTIONS INTO THE AFFECTED JOINT FOR 3-6 MONTHS BEFORE SURGERY