

TOTAL HIP REPLACEMENT



DePuy Synthes

People inspired™



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 more than 50 million Americans have some form of arthritis. Two-thirds of the people who have been diagnosed with arthritis 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 a systemic disease because it may attack any or all joints in the body. It affects women more often than men and can strike young and old alike. Unlike osteoarthritis, rheumatoid arthritis causes destruction of the joint through severe inflammation. The body's immune system attacks and destroys the smooth lining covering the joint capsule, the protective cartilage and the joint surface. This causes pain, swelling, joint damage and loss of mobility.

Trauma-related arthritis results from damage to the joint from a previous injury. It also results in joint damage, pain and loss of mobility.

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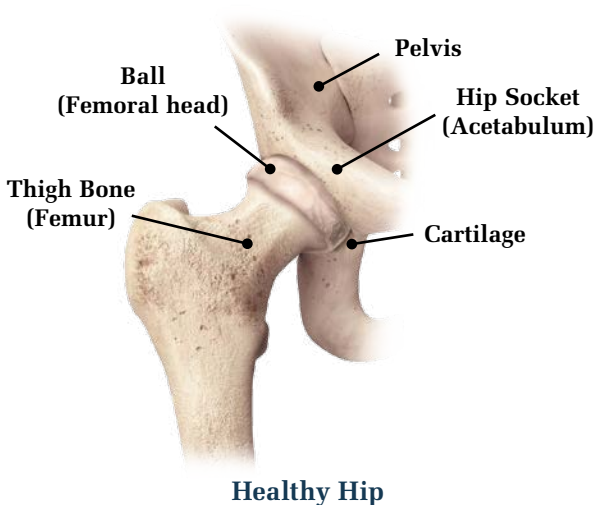
DePuy Synthes Companies has been a pioneer in hip replacements for more than 40 years, continuously finding new ways to get you back to doing the things you love.

The Potential Benefits of Hip Replacement Surgery

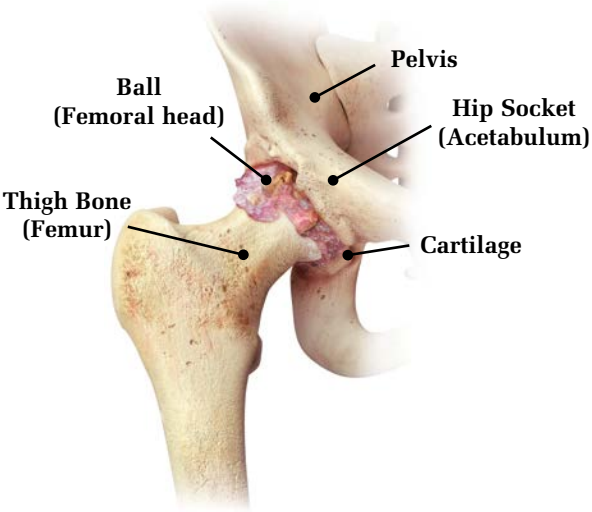
- Relieve pain
- Improve mobility
- More freedom to pursue everyday activities, such as walking or climbing stairs

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.

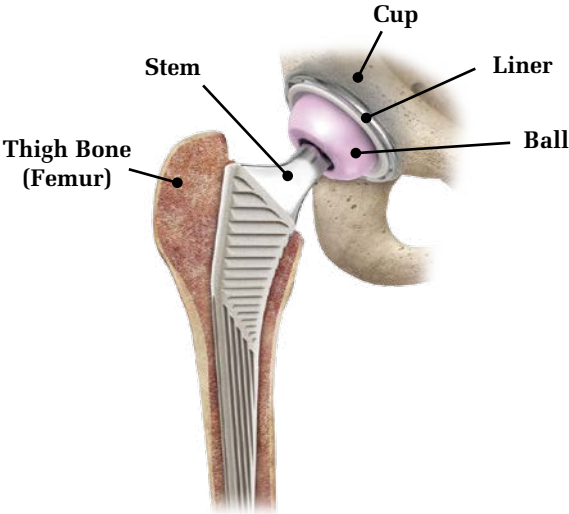


As joint disease progresses, the bones begin to rub together causing a rough misshapen surface, sometimes resulting in bone-on-bone contact, producing pain and stiffness.



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 Companies Hip Replacement

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

The DePuy Synthes Companies 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 the pain and stiffness?
- Is age a factor in hip replacement surgery?
- Am I a suitable candidate for hip replacement?
- I've read that there are advanced techniques and technologies available for hip replacement surgery. Ask your surgeon to explain.
- 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 for your surgeon of all your medications.
- 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 typical hospital stay for hip replacement surgery varies. Some patients will stay longer or shorter depending on their specific situation. 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
- 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

Post Surgery Rehabilitation

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

The goals of rehabilitation are to:

- 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

Help Your Doctor Help You

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 a caregiver may not have a medical or healthcare background, his or her day-to-day experiences with a loved one can provide critical information, so it is important to stay involved. Your 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 70 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. In addition, you can request information kits and register for a hip pain seminar in your area.

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

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

The Strength for Caring network can help you connect and share your experiences with others. Whether you are coping with osteoarthritis, considering surgery, or caring for a patient with arthritis, Strength for Caring offers resources to assist you.

[**www.strengthforcaring.com**](http://www.strengthforcaring.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 related to need, not age. 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.

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.

References

1. Understanding Arthritis: <http://www.arthritis.org/arthritis-facts/understanding-arthritis.php>. Accessed March 2015.
2. Jacoby, Dana. *The Exclusive Guidebook to the World of Medicine*. Med Ed Pub, Page 44. Publication date 4/28/2007

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