

Medical Resources Home Health
“What to Expect About Hip Replacement Surgery”

What to Expect About Hip Replacement Surgery

Hip replacement surgery has become one of the most common and most successful operations performed in the United States, and perhaps the world. Over 200,000 hip replacements are performed on Americans each year. There are many highly qualified orthopedic surgeons who can perform this surgery located in Massachusetts.

What is Hip Replacement Surgery?

Hip replacement surgery is a procedure in which the diseased parts of the hip joint are removed and replaced with new, artificial parts. This is done to increase mobility, relieve pain, help the hip joint work better, and improve quality of life

What are the signs to suggest you may be a candidate for hip surgery?

There are a number of signs that suggest you may be a good candidate for hip replacement surgery. Some signs include:

- Pain in the buttock or upper thigh
- Difficulty walking up and down stairs or putting on shoes and socks
- Pain that keeps you awake at night
- Pain that limits your from doing everyday enjoyable activities
- Difficulty getting out of a chair
- Little or no relief after using anti-inflammatory medications

Years ago doctors believed hip replacement surgery was primarily for an older audience, specifically those 60+ years of age. That’s because the older individuals tend to be less physically active – which generally speaking puts less stress on an artificial hip than a younger, more active person would. However, hip replacement surgery today is very successful with younger people as technology has improved the artificial parts, allowing them to withstand more stress and strain.

Preparing for Surgery

There are several things you may want to do to prepare for surgery, including:

- Asking your doctor for reading material about the surgery
- Arranging for someone to help you for a week or two after coming out of the hospital
- Putting things you use (telephone, remote control, wastebasket, reading materials/reading glasses, and medications) in one convenient, easy to reach location close to your chair or bed
- Placing items you use frequently at arm level to avoid reaching up or bending down
- Consider changing rooms to avoid stairs, if possible
- Rearrange furniture so you can get about on a walker or crutches

What Should I Expect After Surgery?

The day after your surgery a physical therapist will usually visit you and teach you how to use you new joint and show you exercises to improve recovery. A day or two after surgery you may be able to sit on the edge of the bed, stand, and walk with assistance. Patients are usually discharged 3 to 5 days after hip replacement surgery. If going straight home is too difficult you may need to spend time at a rehabilitation center. This allows for further work with the therapists and 24-hour support services.

Having your doctor prescribe in home care for a week or two once you return home has been shown to help speed your recovery. The Medical Resources health care team, including nursing, physical therapy, occupational therapy, and home health aides are especially trained to address the post surgical needs of patients with hip replacement surgery.

The therapy plan of care is developed during your initial visit based upon your needs, the therapist findings, and input from your physician. Therapy services are available 7 days/week based on your individual needs.

The physical therapist will focus on strengthening and ROM exercises, instruction in precautions as prescribed by your physician, and assisting you to return to independent walking on level surfaces and stairs. Occupational therapy will address any limitations you may have with bathing, dressing, and any personal care issues.

Rest assured, our goal at Medical Resources Home Health Care is to address all of your needs as you are healing and progressing in your home environment and to prepare you for out patient services if deemed necessary.