

# Patient Information Leaflet:

## Hip Arthroplasty

### Introduction

This leaflet provides information about hip arthroplasty, a surgical procedure to replace a damaged hip joint with an artificial one. It is designed to help you understand the procedure, what to expect before, during and after surgery, and potential complications.

### The Procedure

Hip arthroplasty involves removing the damaged cartilage and bone from your hip joint and replacing it with an artificial hip joint. The implant is made of metal, plastic and/or ceramic.

### Anaesthesia

Most hip arthroplasty procedures are performed under spinal or general anaesthesia. Your anaesthetist will discuss the best option for you.

### Thromboprophylaxis

To prevent blood clots, you will be given medication after surgery for **up to 28 days**. We will discuss the most suitable option for you.

### Before Surgery

- You will be asked to undergo blood tests and other investigations.
- **You will meet with an anaesthetist for a pre-assessment appointment. It is important to bring all your medications to this appointment.**
- You may need to stop taking certain medications before surgery.

- You will be given specific instructions about fasting before surgery.
- It is important to inform your surgeon about any allergies or medical conditions.

### **The Operation**

The surgery typically takes about 1-2 hours. You will be taken to the recovery room immediately after the surgery.

### **After Surgery**

- You will be encouraged to move your hip as soon as possible to prevent stiffness.
- Pain management will be provided.
- You can expect to stay in hospital for approximately 3 days.
- Physical therapy will be essential for your recovery.

### **Potential Complications**

- Infection
- Stiffness
- Blood clots
- Nerve damage
- Dislocation
- Instability
- Leg length discrepancy
- Limp
- Blood transfusion

Approximately 10% of patients report dissatisfaction with the outcome of the surgery. This can be due to various factors, including persistent pain, limited mobility, or unrealistic expectations.

## Conclusion

This leaflet provides general information about hip arthroplasty. It is essential to discuss your specific situation with your surgeon. Please do not hesitate to ask any questions you may have. Full recovery after hip arthroplasty can take up to 12 months, and regular physiotherapy is crucial.

**Note:** This leaflet is for informational purposes only and should not replace professional medical advice.

LIMASSOL ORTHOPAEDIC CENTRE

