YOUR NEW HIP REPLACEMENT

You and your surgeon have made the decision to move forward with hip replacement to reduce your pain and help restore your mobility. This guide will provide information about hip replacement and provide information to help you navigate through your surgery, recovery and your eventual return to daily activities.

DePuy Synthes Joint Reconstruction

DePuy Synthes Joint Reconstruction, a global leader in hip, knee, and shoulder replacement, is a division of DePuy Orthopaedics, Inc., the largest provider of orthopaedic and neurological solutions in the world. Founded in 1895, DePuy Synthes Joint Reconstruction was the first commercial orthopaedics company in the United States. DePuy Synthes Joint Reconstruction continues to advance the art and science of hip and knee replacement by helping orthopaedic surgeons improve the mobility for millions of patients around the world.

To learn more about hip replacement surgery and your new hip, visit www.depuysynthes.com or www.hipreplacement.com.

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*DePuy Synthes Joint Reconstruction is a division of DePuy Orthopaedics, Inc.

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The Potential Benefits of Your DePuy Synthes Joint Reconstruction Hip Replacement

- A design intended to help preserve your hip’s natural movement
  The DePuy Synthes Joint Reconstruction hip has been designed to act much like a natural hip as well as increase the stability of your hip replacement.

- 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, head, shell and liner) weighs between one and two pounds, depending on the type of material that is used.

Getting Back on Your Feet

One of the most important issues to consider when it comes to the success of your new hip is how diligent you are with your rehabilitation. Following the directions of your doctor and/or physical therapist is extremely important to how well you’ll regain your mobility. Your rehabilitation will not be easy, but just keep reminding yourself of how much you are trying to move forward with your recovery to keep yourself motivated.

Important Safety Information

As with any medical treatment, individual results may vary. The performance of hip replacements depends on your 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 right for you.

Refer to Your Journey Through Recovery brochure for more information related to your rehabilitation and recovery or visit http://www.depuysynthes.com/na/patients.

“Pay attention to your pain. Honor yourself. Take care of yourself.”

Carole– Hip Replacement Patient
YOUR QUESTIONS ANSWERED

Here are some common questions people have about hip replacement surgery, rehabilitation and recovery.

Q: Do I need to take any precautions before future medical procedures?
A: You should avoid routine dental work for three months. 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. Make sure you inform all medical professionals that you have had a hip replacement.

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. Because of this, you may want to alert appropriate security staff.

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. You can have an MRI on other parts of your body, but you won’t be able to have a clear MRI on your new hip. If a doctor is considering ordering an MRI for you, make sure he or she is aware of your hip implant. For more information, visit www.mrisafety.com.

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: Where can my caregiver find more information?
A: Understanding your caregiver’s role is very important to your successful hip replacement surgery. More information can be found for caregivers at www.hipreplacement.com or www.strengthforcaring.com.

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PREPARING FOR SURGERY

To prepare for surgery you may need to:

• Compile and bring a list of all medications and dosages
• Inform the surgeon of any aspirin or other over-the-counter medication you may be taking
• Prepare your home for return from the hospital

YOUR JOURNEY THROUGH RECOVERY

Hip Replacement

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Each person is different and the length of recovery is
• Help you resume most of your normal activities
• Protect your new hip joint
• Help you resume most of your normal activities
Rehabilitation and recovery take time and discipline. 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.

Hospital Stay
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
Walking and exercise will quickly follow.
The typical hospital stay for hip replacement surgery is three to five days. Some patients will stay longer or shorter depending on their specific situation. A full recovery typically takes three to six months. To protect your hip, you will often be asked not to sit past a 90° angle after surgery. If this is the case, you will be provided the necessary tools to assist you during this process.
The therapist will teach you how to dress, get out of bed without help and use a walker or crutches. You will continue to work at strengthening yourself in preparation for your return home.

Progress
It is important that you follow your doctor’s directions and proper positioning techniques throughout your rehabilitation. By the time you leave the hospital, you should be progressing well in regaining your mobility and stability. If your sutures or clips have to be removed, you will be advised about how they will be done. It is not uncommon to still experience some pain.

Preparing to Go Home
Just before being discharged, you will receive instructions for your at-home recovery. Until you see the surgeon for your follow-up visit, you will be asked to take certain precautions. Look for any changes around your incision.

Contact your surgeon if you develop any of the following:
• Draining or foul odor coming from the incision
• Temperature of 101°F or more for two days
• Increased swelling, tenderness, redness or pain

Resuming Activity
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. Driving, sexual activity, walking and other everyday activities will all be impacted in some way.

Driving
Driving may be resumed in accordance with the type of surgery you had. If the surgery was performed on your right side, your surgeon may ask you to wait longer than if you had surgery on the left side, assuming you drive a car with automatic transmission. In any case, you must be able to move the leg easily from the gas pedal to the brake, and that time typically varies from 2-8 weeks depending on multiple factors.

Sexual Activity
Resumption of sexual activity may be recommended anywhere from 4-6 weeks following surgery depending on the type of surgery. Your surgeon and physical therapist can discuss positions that maintain appropriate hip precautions if applicable.

Walking and Stairs
You will progress during your physical therapy program from your original walking aid (e.g., walker, crutches) to a cane. Eventually no supportive devices should be needed as long as there are no other problems that require long-term use of a walking aid.

Work Activities
Determine the date you return to work will depend both on your surgeon and the type of work you do. Some individuals may require modifications of their job, while others may easily return to their previous activities. Those engaged in heavy manual labor may have to discuss the possibility of vocational counseling with their surgeon.

Activity After Surgery
Leisure and Sport Activities
There are different risks associated with certain types of leisure and sport activities. Some activities may lead to damage of your artificial joint over time due to wear and tear of the joint. In general, the more vigorous the activity the higher the risk of damaging the implant, increasing the wear and tear on the implant, or increasing the risk of loosening or dislocating the implant. Before pursuing sports or leisure activities, you should talk to your orthopaedic surgeon about whether activities you may participate in during your recovery phase. Driving, sexual activity, walking and other everyday activities will all be impacted in some way.

Three major categories of activities should be avoided:
• Activities that cause high-impact stress on the implant
• Activities with a potentially high risk of injury
• Activities that may result in failing or getting tangled with opponents, risking dislocation of the joint itself or a fracture of the bone around the implant.

Lower-stress activities such as golf, hiking, walking, biking, stationary skiing (e.g., Nordic Track®), and swimming are excellent forms of exercise for individuals with a hip replacement. Others may also be considered for long-term sports or leisure activities including cross-country skiing, doubles tennis, table tennis and bowling.

For more information on hip replacement visit www.depuysynthes.com or www.hipreplacement.com.