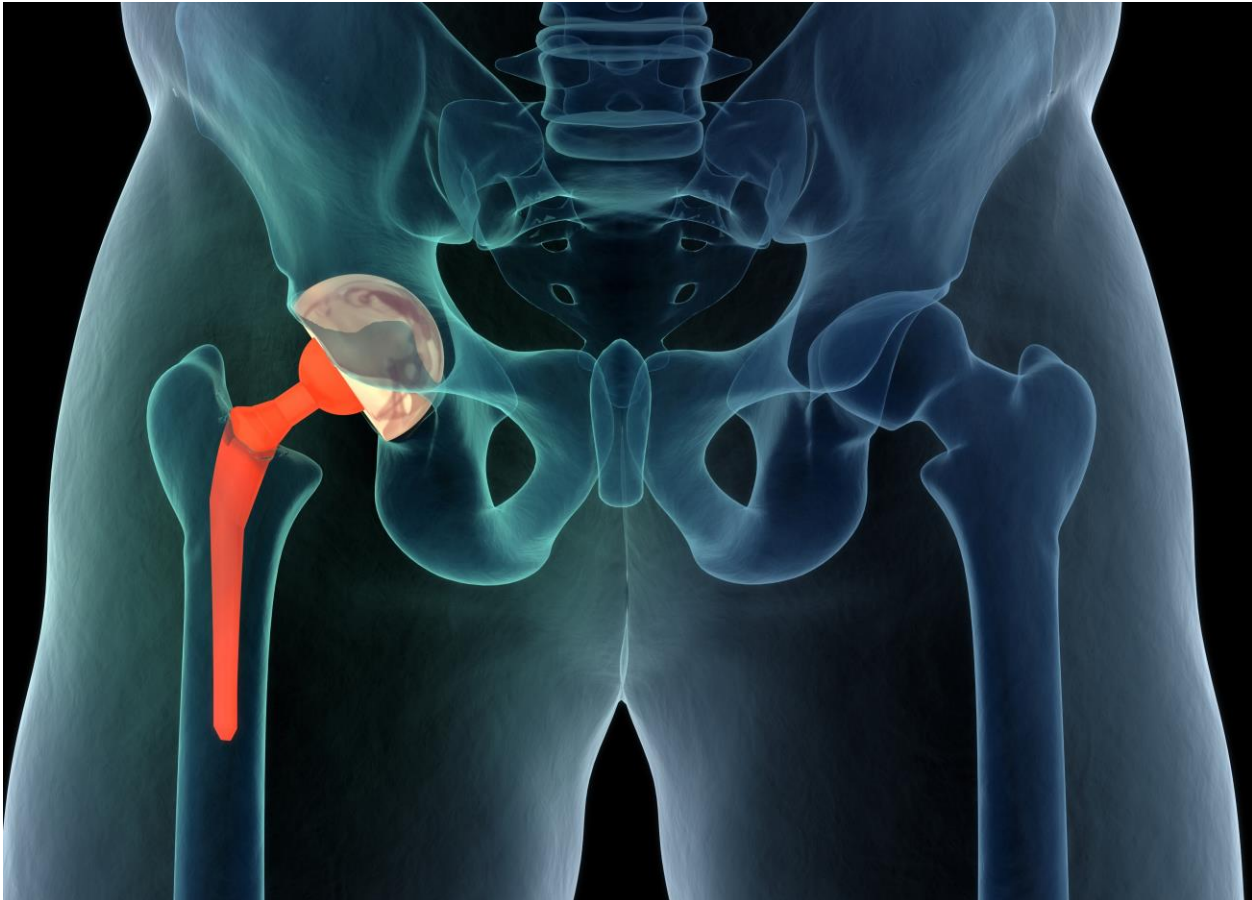


GUIDELINES BOOKLET

HIP ARTHROPLASTY



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2020

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SUMMARY

Objective: To help patients and their families to better understand diseases of the hip and its treatment options, with emphasis on the hip prosthesis.

- **3. SUMMARY**
- **4. WHAT IS A HIP?**
- **5. WHAT IS ARTHROSIS (WEAR OUT) OF THE HIP?**
- **6. WHAT ARE THE CAUSES OF THE HIP ARTHROSIS?**
- **7. WHAT ARE THE TREATMENTS FOR HIP ARTHORIS?**
- **8. WHAT IS A HIP ARTHROPLASTY (PROSTHESIS)?**
- **9. WHY DO THE TREATMENT WITH A HIP PROSTHESIS?**
- **10. WHAT ARE THE SURGICAL RISKS OF A HIP PROSTHESIS?**
- **11. WHAT IS THE ESSENCIAL CARE AFTER THE HIP PROSTHESIS SURGERY?**
- **12 to 15. WHAT CAN BE DONE AFTER HAVING THE ARTHROPLASTY OF THE HIP?**
- **16. HOW IS THE FOLLOW-UP PROCEDURE AFTER A HIP PROSTHESIS SURGERY?**
- **17. IN WHICH CIRCUNSTANCES SHOULD THE PATIENT SEEK MEDICAL HELP (HOSPITAL) AFTER A HIP PROSTHESIS SURGERY?**
- **18. HOW LONG WILL IT LAST AND WHAT NEEDS TO BE DONE IF THE HIP PROSTHESIS GETS LOOSEN OR IT BEGINS TO WEAR OUT?**
- **19. BIBLIOGRAPHY / IMAGE CREDIT**

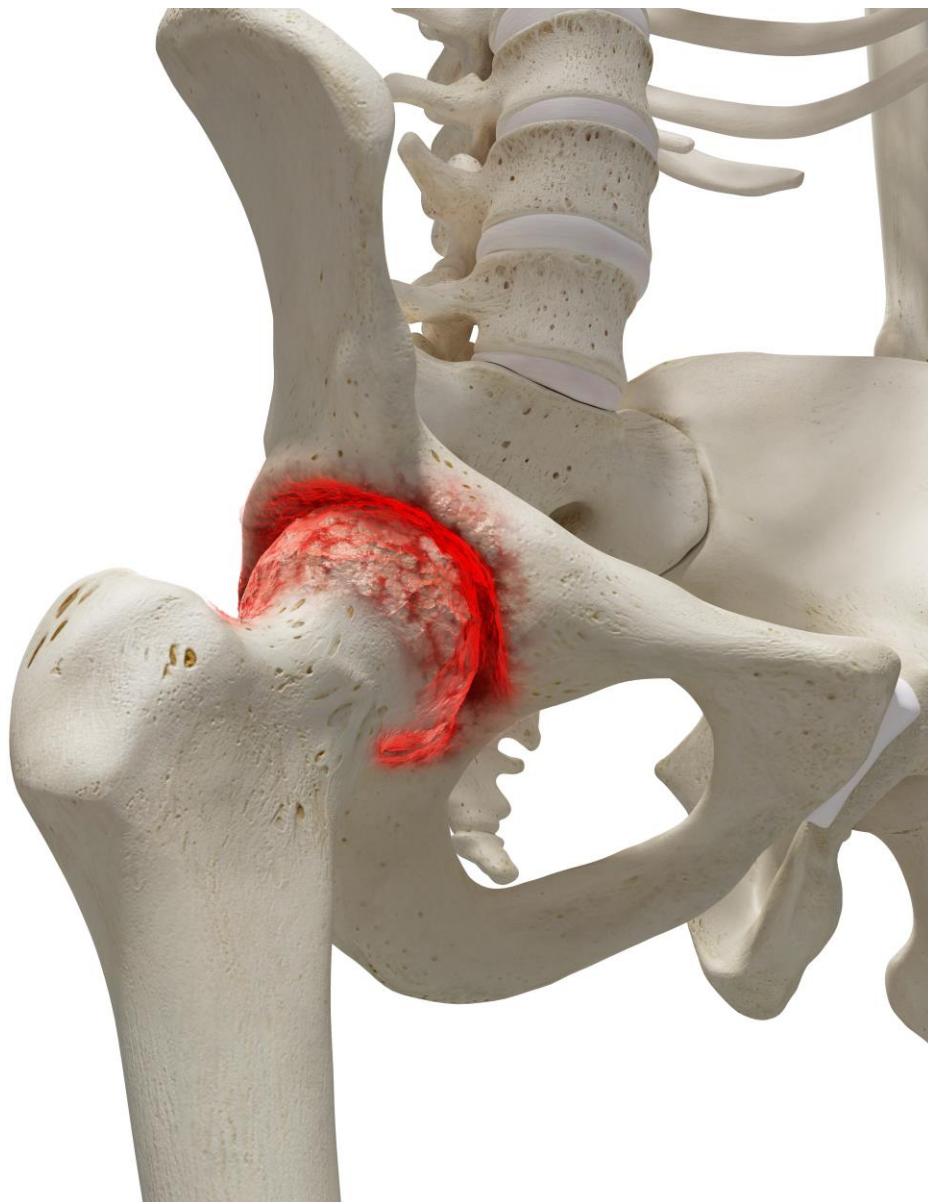
WHAT IS A HIP?

- The hip is the joint which connects the pelvis with the femur.
- The main function is to sustain the body weight and allow locomotion.
- Can be affected by many diseases, from degenerative ones to even the traumatic ones.



WHAT IS ARTHROSIS/ HIP (WEAR OUT)?

- This is the wear and tear process that happens on the joint. Features degeneration, with modification of the cartilage and bone structure subchondral.
- It occurs more in the elderly, but it can also affect many young people.
- It may cause pain, limit movements and the loss of quality of life.



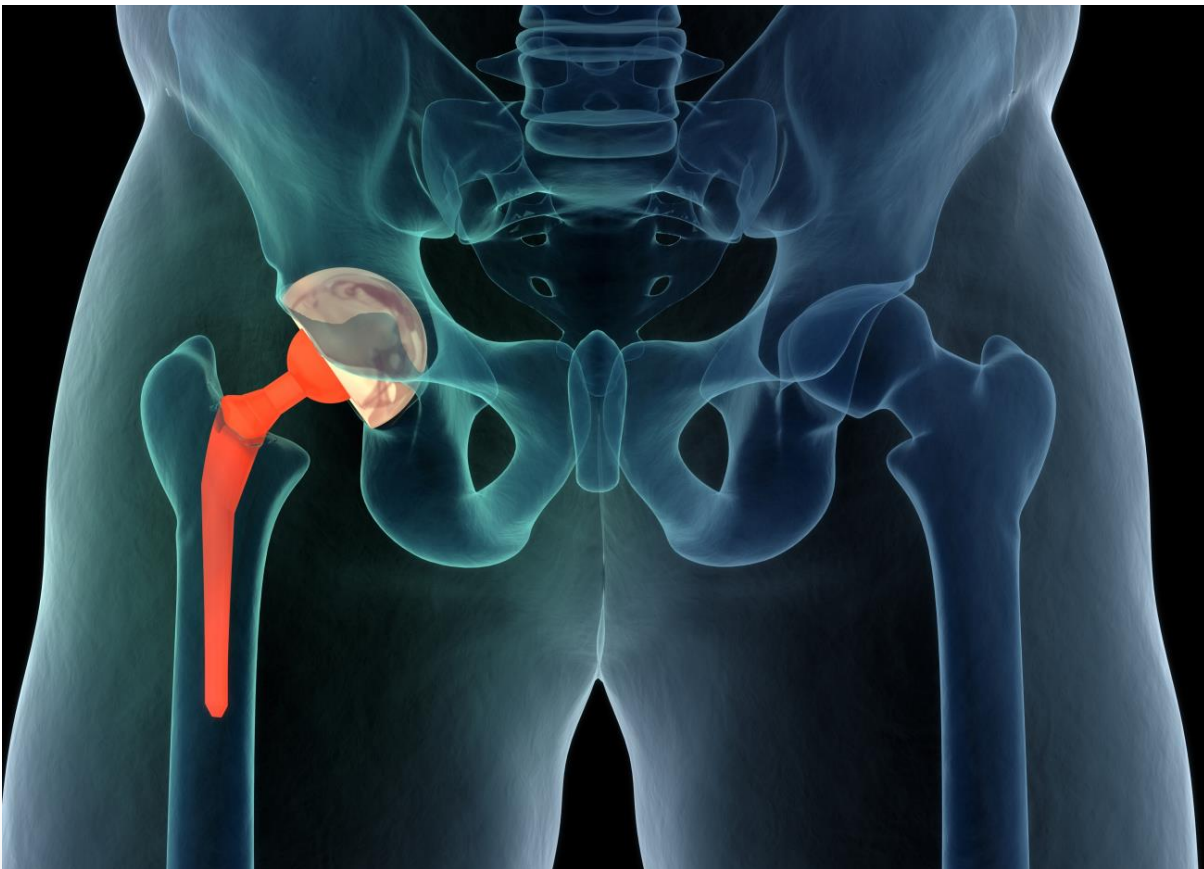
WHAT ARE THE CAUSES OF HIP ARTHROSIS?

- It may be unknown, and can happen naturally with passing of time.
- It may be secondary to trauma (such as fractures), surgery, osteonecrosis (the head of the femur) or diseases of the hip in childhood, e.g., development dysplasia of the hip and Perthes disease, among many others.
- Excess weight can contribute to accelerate the wear and tear of the hip.



WHAT ARE THE TREATMENTS FOR ARTHROSIS OF THE HIP.

- The objective of the treatment is to improve symptoms, so that in general the initial option is a non-surgical approach, as medications for pain, physiotherapy, acupuncture, weight loss, and walking sticks (must be used in the hand on the opposite side to the sick hip).
- In case there is no improvement in the patient's complaints, or when the disease is already in a serious (advanced) stage, surgery can be done.
- Among the surgery options we have osteotomies, arthroplasties (replacement of the hip with a prosthesis) and arthrodesis (hip bone fusion), always individualizing the treatment for each patient.



WHAT IS AN ARTHROPLASTY (PROSTHESIS) OF THE HIP?

- It is the replacement (exchange) of the hip joint with a prosthesis, therefore creating a new joint which moves without pain.
- There are several types and materials, such as metal, ceramic, and polyethylene.
- They can be placed using bone cement (prostheses cemented) or fixed by pressure on the bone (prostheses not cemented)



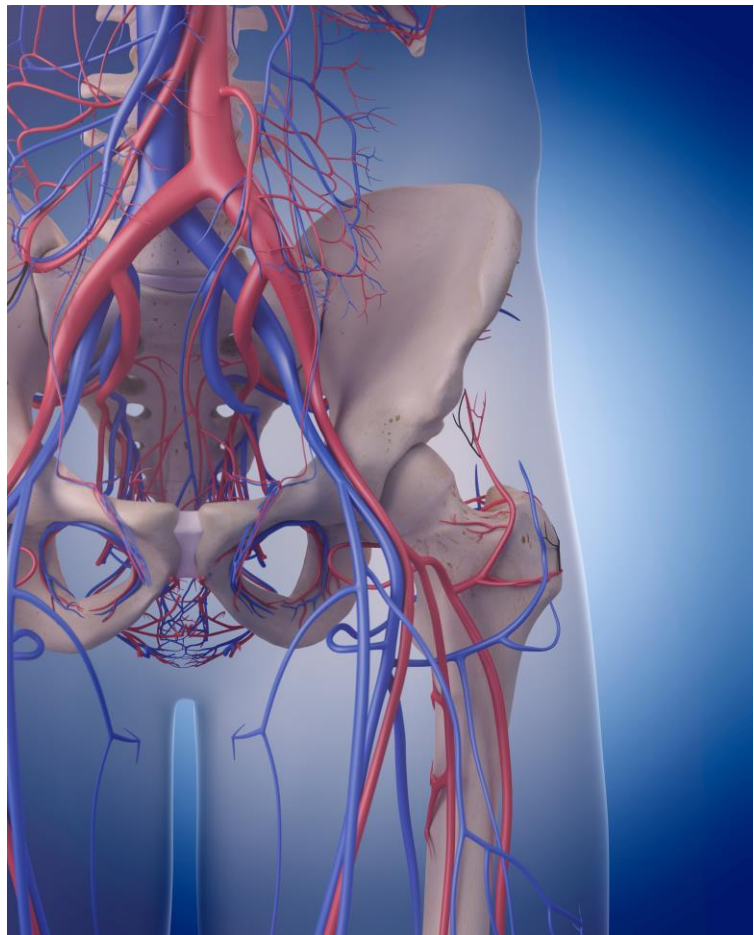
WHY THE NEED TO DO A TREATMENT WITH A HIP PROSTHESIS?

- Hip arthroplasty is one of the main methods of treating diseases of the hip.
- It can relieve pain and other complaints.
- It can improve the quality of life.
- It can recover the ability to practice daily life activities.
- It is widely used and with numerous scientific studies about it.



WHAT ARE THE SURGICAL RISKS OF A HIP PROSTHESIS?

- The complications are approximately 2% of the total surgeries done.
- Anesthesia risks.
- Bleeding and blood transfusion.
- Injury to nerves, vessels and other noble structures.
- Fractures (breaks) of the hip bones.
- Thrombosis and pulmonary embolism (formation of a blood clot that can appear in the lungs).
- Dislocation / (disengagement) of components.
- Difference in size of the lower limbs and in the hip width.
- Infection
- Loosening of the implants (not adhesion to the bone).



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WHAT KIND OF CARE IS REQUIRED AFTER THE HIP PROSTHESIS SURGERY?

- Wash the wound daily with mild soap and water, besides changing the bandage.
- Take all the medications prescribed by the doctor.
- Wear elastic socks, when prescribed by the doctor.
- Stay hydrated and follow a correct diet when prescribed by the doctor.
- Cease drinking and smoking.
- Use the toilet seat elevator, as oriented by the doctor.
- Use of walker, cane or crutches, when prescribed by the doctor.
- One of the main concerns after the hip prosthesis surgery is with the dislocation (disengagement of the components). This way, there are guidelines regarding the movements allowed.
- Regular follow-up consultations as oriented by the doctor.

WHAT CAN BE DONE AFTER PERFORMING HIP ARTHROPLASTY?

- **Do not cross your legs.**



- **Do not flex (bend) the hips above 90 degrees.**



WHAT CAN BE DONE AFTER PERFORMING HIP ARTHROPLASTY?

- **Don't rotate your waist with your foot on the floor or across your legs (in standing or lying) position.**



- **Avoid tying your shoes before 6 month after the surgery.**

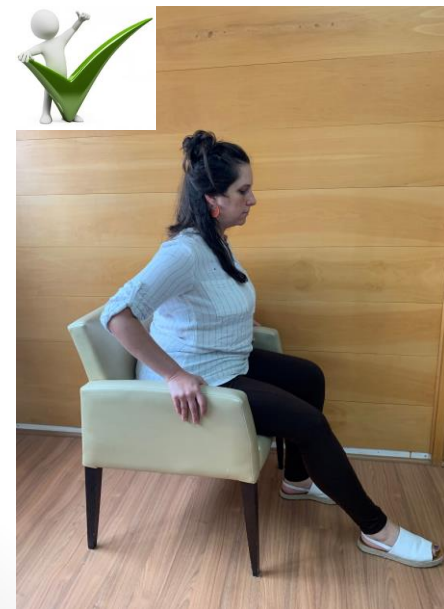


WHAT CAN BE DONE AFTER PERFORMING HIP ARTHROPLASTY?

- **Do not sit on low chairs.**



- **How to get up from the chair?**



WHAT CAN BE DONE AFTER PERFORMING HIP ARTHROPLASTY?

- **How to get out of bed?**



- **Avoid playing contact sports, such as rugby, boxing, football and judo.**
- **Avoid playing extreme sports, such as surfing, rafting and abseiling.**

HOW IS THE FOLLOW-UP PROCEDURE AFTER THE HIP PROSTHESIS?

- In the first weeks following the surgery, returns are in greater number (more frequent) and less interval time.
- In addition to medical consultations, the patient will need to follow-up with the physiotherapy team.
- The expected returns are generally 2 to 3 weeks after the surgery, 1 month after the surgery, 3 months after the surgery, 6 months after the surgery and 1 year after the surgery.
- When one year of surgery is completed, the follow-up is done annually.
- It is of extreme importance to keep all radiographs. Do not knead it, or get them wet, and note the date when each radiography was performed. This history is fundamental to evaluate possible problems with the prosthesis.



IN WHICH SITUATIONS SHOULD I SEEK MEDICAL / HOSPITAL CARE AFTER THE HIP PROSTHESIS?

- **In case of sudden pain.**
- **Upon hearing any abnormal noise at the surgery site.**
- **Exit of blood (small amounts are within the normality in the first days after the surgery), pus or secretion in large quantities from the surgical wound.**
- **Sudden pain, swelling or stiffness in the back of your legs (calves).**
- **Moderate or high fever (> than 37.8 degrees Celsius).**



HOW LONG DOES THE HIP PROSTHESIS LAST AND WHAT TO DO IF THE HIP PROSTHESIS LOOSENS UP OR WEARS OUT?

- The hip prosthesis can have a life span of some years, up to some decades (20 to 30 years), it will of course depend on care, correct follow-up, patient age, and physical exercises practiced.
- In case of loosening or wear out, it may be necessary to undergo a new surgical procedure on the hip joint (surgery review).



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