

Hip Arthritis and Hip Replacement Surgery

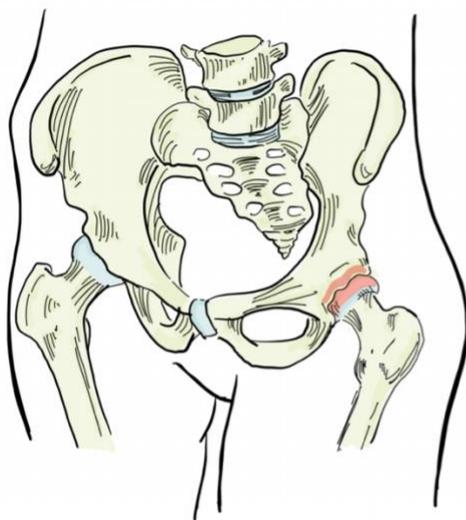
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Arthritis of the hip is common in Australia. It is usually as a result of the aging process and 'wear and tear'. If your hip is causing significant problems in your day-to-day life you may be suffering from a condition which could be helped with hip replacement surgery. Dr Jarrad Stevens is a fellowship trained hip replacement surgeon in Melbourne who regularly assess patients for hip conditions and can recommend hip surgery when required.

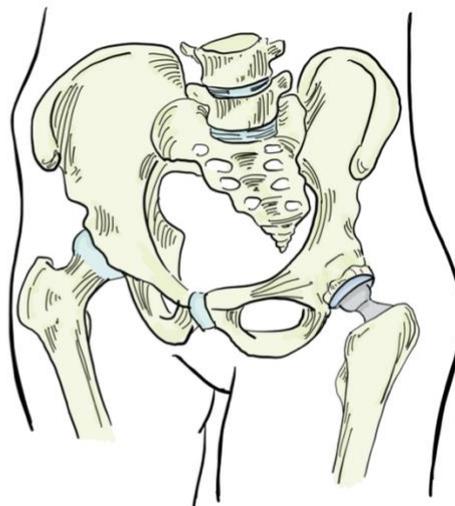
Hip arthritis causes significant problems for many people. Hip joint replacement is a good surgical solution for people who cannot find relief for their arthritis by using other treatments.

Dr Stevens will look at x-rays of your hips and pelvis to determine the amount and site of arthritis. MRI and CT scan are sometimes used to assess the arthritis in hips to determine if hip surgery is advisable. These scans can also help in the planning of difficult hip replacements.

Most people will try ways to help their arthritic hip 'get by'. When physiotherapy, pain relief medications, weight loss and other alternative treatments are no longer working, specialist hip replacement may be able to help. It is normally advised that people try ways of dealing with their arthritis before contemplating surgery. Although hip replacement surgery is often used to treat arthritis of the hip, there are other treatments that Dr Stevens can discuss with you.



Hip arthritis



Hip replacement

If you and Dr Stevens decide that surgery is the best option for your arthritic hip, Dr Stevens will organise for a review by a specialist physician to make sure surgery will be as safe as possible. Blood test, a heart trace as well as other investigations maybe organised.



X-Ray showing severe hip arthritis



X-Ray showing hip replacement

What to Expect after Surgery:

Once you have had your hip replacement, you may be able to begin to move the hip, knee and ankle under the instruction of Dr Stevens. Hospital physiotherapists will aim to safely have you mobilising after your surgery. This is important for your hip and general health.

A dressing will be placed over the hip following surgery. As the tissue and bone heal, a small amount of blood may appear on the dressings. This is normal. Sometimes, replacing the bandage is required to reinforce any areas that continue to bleed.

Elevate the leg for the first few days following surgery. You may be placed on blood thinning medications such as aspirin to help reduce the risk of clots.

Discharge home: After your surgery you will stay in hospital for three to five days. You will be discharged with pain relief tablets. If you need longer to safely walk, rehabilitation can be organised.

Pain relief: After surgery it is normal to have some pain or discomfort. The amount of surgery you have had will influence how much pain you can expect and how long you will need pain relief for. You will be given pain relief tablets to take home with you when you leave the hospital. Take these over the next week or so as you need.

Looking after the Dressing: You will need to keep the dressing clean and dry for two weeks.

Movement after surgery: You can move your foot, ankle, knee and hip straight away after surgery. Your hip will slowly be able to bend in the days that follow your operation. You may experience some pain in the weeks following surgery. You will need crutches or a frame to walk after surgery.

It is a good idea to keep moving even after your surgery, it helps your blood circulation and stops your body getting too weak. Avoid any strenuous activity for the first 2 weeks, but gentle movement and walking with your crutches is advised.

Wound review:

After 2 weeks you will have an appointment with Dr Stevens to have your wound checked, any stitches will be removed. Dr Stevens will then give you advice on exercises and physiotherapy.

Driving: You cannot drive until you have had your first review appointment with Dr Stevens. He will give you an indication then when you are likely to be able to drive again

Returning to work: This depends on the type of work you do. Most surgeries will need 4-6 weeks off work, some will require longer, especially if you have a manual job.

A hip replacement operation is major surgery. Despite excellent results there are risks associated with this procedure. Fracture, dislocation, infection and damage to nerve or blood vessels are some of the more significant risks. Dr Stevens will discuss with you the risks of surgery.

- + Fever
- + Heavy bleeding or ooze from the wound
- + Increased swelling and redness around the surgery site
- + Pain in the calf muscles or difficulty breathing

If you have any of these problems, please call Dr Stevens or his rooms on **03 5752 5020**



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