

Department of Trauma & Orthopaedic Surgery

HIP REPLACEMENT

FURTHER INFORMATION & LINKS



INTRODUCTION

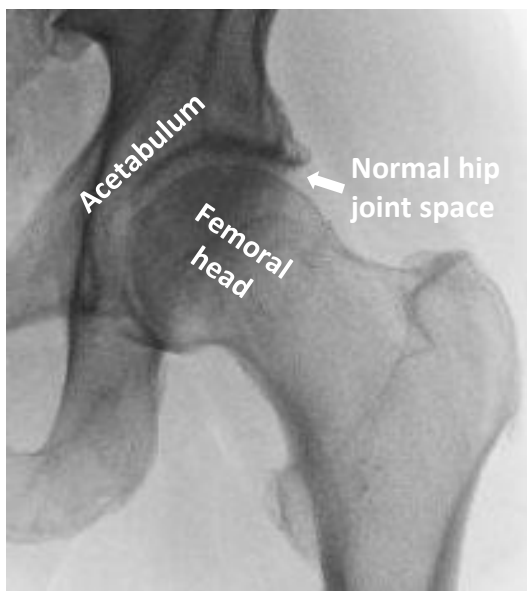
About the hip

The hip is a ball and socket joint that allows your leg to move forwards, backwards and sideways as well as rotating. Both the ball and socket are lined with an extremely smooth substance called articular cartilage that provides an almost friction free articulation.

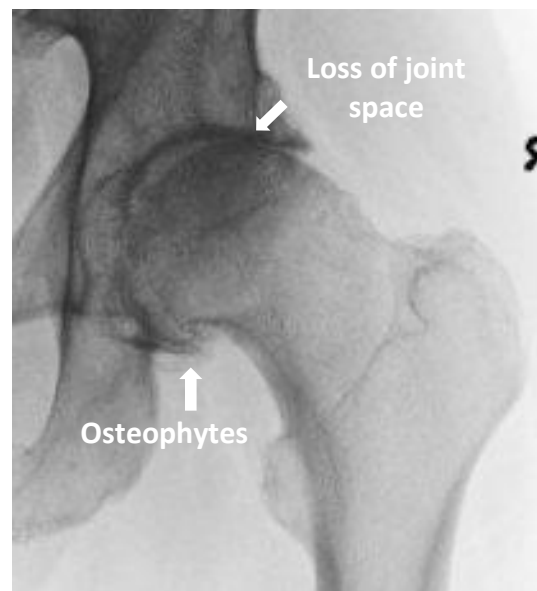
Arthritis is a process in which the articular cartilage is destroyed; once cartilage is damaged or destroyed it's gone for good. Arthritis can develop over years or fairly rapidly and can follow a serious injury. Injury, wear & tear and a family history of arthritis all seem to play a part.

As the cartilage wears away the joint becomes increasingly stiff, painful and difficult to move. Stiffness is very often the first sign, then pain on activity and finally pain at rest or at night. Your surgeon may offer you a total hip replacement when pain and disability are having a serious effect on your daily activities.

A hip replacement is very effective in relieving pain and stiffness and will allow you to return to near normal activities, with only a few minor restrictions.



Normal Hip



Arthritic Hip

What is a hip replacement?

Hip replacement surgery is extremely successful. The first total hip replacement was performed over 50 years ago and since then millions of people have undergone replacement surgery. In the UK alone almost 50,000 replacements are performed every year.

The procedure uses biocompatible (body friendly) implants to replace and resurface the bones of the joint, recreating the smooth gliding surfaces of the joint. Total hip replacements are typically made from a combination of metal alloys such as titanium or cobalt chromium, medical grade polyethylene (a durable plastic) or ceramic. They may be implanted with or without bone cement.

For more information please read the section entitled 'Types of Hip Replacements and Bearing Surfaces' found later in this booklet.



Further Information

Exclusive video content and in-depth information relating to major hip and knee orthopaedic procedures, as carried out by the Orthopaedic Team at Hampshire Hospitals NHS Foundation Trust, can be found at

<http://www.hipandknee.tv/>

National Joint Registry (NJR) Website

<http://www.njrcentre.org.uk/>

National Institute for Health and Clinical Excellence (NICE) Website

<http://guidance.nice.org.uk/>

NHS Website

<http://nhs.uk/>

British Orthopaedic Association Website

<http://www.boa.ac.uk/>

Arthritis Research UK Website

<http://www.arthritisresearchuk.org/>

More information about anaesthesia at

<http://www.rcoa.ac.uk/>

If you have any questions, problems or need advice once you are at home, then phone the Orthopaedic Ward, Orthopaedic Education and Follow up Clinic or the Occupational Therapy department and they will do their best to help.

[Orthopaedic Education and Follow Up Clinic - 01256 313580](#)

[Orthopaedic Ward D1 - 01256 313681](#)

[Occupational Therapy and Physiotherapy - 01256 313205](#)

If you are treated for a DVT or PE (blood clot) or are prescribed antibiotics for problems with your wound, please contact: **Orthopaedic Joint Review Clinic - 01256 313459**

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