

Are there alternatives?

Yes, there are other treatments that do not require surgery. These include:

- Painkillers
- Weight loss
- Physiotherapy
- Steroid injections

Please ask your surgeon for more information.

Take home messages

1. THR is a good operation to treat a painful, arthritic hip.
2. The average hospital stay is three days.
3. You must be motivated to do self-directed exercises and walking to aid your recovery.
4. Certain movements to avoid will be clearly shown to you.
5. Most patients (95%) are satisfied with their surgery.
6. There are risks associated with surgery, which should be considered carefully.



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Total Hip Replacement Surgery (THR)

Royal Infirmary of Edinburgh

Patient Information Leaflet
August 2015

Introduction

Total Hip Replacement (THR) surgery is a recommended treatment for the pain of degenerative hip disease. This is the same as 'wear and tear' of the hip.

At the Royal Infirmary of Edinburgh (RIE), we perform 800-900 THRs each year. Our waiting time is around 12 weeks.

About your surgery

You can expect to stay in hospital for three days following your surgery. Sometimes patients are ready to go home sooner than this, and sometimes later. You will be discharged when you are able to care for yourself independently.

We use cemented THR implants, which have a proven, long track-record. They are safe to walk on immediately. You may even be up on your feet on the day of surgery.

Recovery after surgery

In the initial weeks after surgery your hip may be swollen and painful. You will be given regular painkillers and instructions on specific exercises to do. It is important that you are motivated to do these at home. Regular walks will also help your recovery. You will be clearly shown certain movements to avoid. This will help prevent hip dislocation.

You will start walking with two and then one stick for the first 5-6 weeks. During this time you cannot drive. If you are still working, you will require 6-12 weeks off work. This may depend on the type of job you do.

THR surgery is not a quick fix. It can take up to one year to feel the full benefits. Sometimes it can take even longer.

95% of patients are satisfied with their new hip at one year following surgery. Fewer than 2.5% require a revision operation (re-do) by 8 years.

Are there risks involved?

There are risks involved with surgery, which must be considered carefully. The risks are divided into surgical (specific to the operation) and medical (related to your overall health).

Surgical

Infection:	1/70
Blood clots in leg (DVT) or lungs (PE):	1/55
Early revision operation within 3 years:	1/50
Dislocation	1/140
Leg length difference requiring surgery	1/300

Medical

Kidney injury, stroke & heart attack:	1/100 to 1/1000
Death:	1/600

These figures apply to the RIE and represent risks for all THRs that we perform. Your personal risks may be different depending on your health. This should always be discussed with your surgical team.

(References: Scottish Arthroplasty Project Annual Report 2014, Journal of Bone and Joint Surgery)