

Anterior Approach Total Hip Replacement

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Hip Osteoarthritis

Hip osteoarthritis is a debilitating disease which leads to pain in the groin, hip, or buttock, decreased range of motion, and trouble with sitting, standing, or walking.

It can also lead to limping, pain in the low back, and trouble putting on shoes and socks, and cutting toenails.

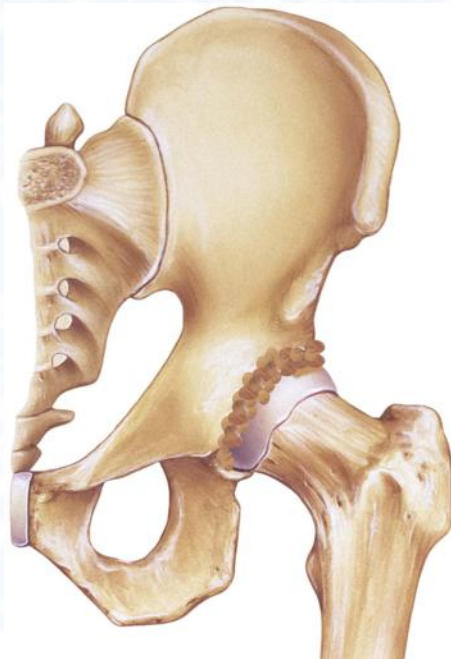


Options for treatment including anti-inflammatory medications, injections, physical therapy, and avoidance of painful activities.

If these measures are unsuccessful, total hip replacement can be considered.

Anterior Approach Total Hip Replacement

Total hip replacement is one of the most successful surgeries that has ever been devised. There have been a number of different approaches used for this procedure.



Over the last 10 years, a direct anterior approach has been popularized in the United States. This approach has been used widely in France over the past 50 years. The main advantage of this approach is that it avoids detachment of the muscles in the back of the femur. Comparative studies have shown a faster recovery and lower pain in the early postoperative period with this approach.

Incision

The incision is usually approximately 3-4 inches long. It is located around the front of the hip joint curving slightly more toward the outside as it goes down.

ANTERIOR APPROACH TOTAL HIP

Hospital Stay

Most patients stay in the hospital for 1 to 2 days after direct anterior total hip replacement. One of our goals is to minimize the pain after the surgery with the use of long-acting local anesthetic pain medications that are injected into the hip at the end of the procedure.

Weightbearing After Surgery

Typically patients stay on crutches or a cane for approximately 1-3 weeks after the surgery.

Implants and Materials

The same total hip replacement implants are used regardless of the approach. We typically utilize titanium components where the bone grows onto the implant, leading to excellent long term survival of the implants.

After Surgery

After discharge from the hospital, patients should be under the care of a family member or a close friend for at least the first week after the surgery. Driving is not allowed for approximately 4-5 weeks after direct anterior hip replacement. Many studies have shown that patients are not able to control their vehicles prior to this time after surgery. Blood thinners are prescribed after the surgery to minimize the risk of blood clots.



Restrictions

It is important to avoid any high impact activities which can lead to gradual wearing out of the implant as well as potential fractures or broken bones around the implants. These are very difficult to treat if they occur. With the newer materials, many hip replacements can last anywhere from 30-40 years.

Questions?

If you have any questions about hip osteoarthritis or direct anterior total hip replacement, please contact us at:

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