

Senior

A Joint Effort

Getting Ready for Hip Surgery

Dr. Mears recommends the following to help prepare for surgery:

- Lose weight
- Eat a healthy, well-balanced diet
- Eliminate alcohol and smoking
- Treat any infections, like dental, sinus or urinary
- Learn post-op exercises
- Find a pre- and post- surgery coach
- Prepare your house for after surgery
 - Remove small, loose rugs
 - Rearrange furniture to make wide pathways
- Get some type of “carry-all” because hands will be busy with crutches or walker
- Attend the joint replacement class – A Joint Effort (410-550-1103)

“The patient plays an important role in the overall outcome of the procedure.”

—Simon Mears, M.D., Ph.D.

A Joint Effort

For many, it's the hardest part of total hip replacement surgery—making

the decision to have the procedure. But once the decision has been made to forge ahead, an important part of the success of a total joint replacement largely depends on the effort of the patient.

“We know the more fit a patient is going into surgery, the quicker the recovery will be,” says Simon Mears, M.D., Ph.D., medical director of the Wenz Orthopaedic Unit at Johns Hopkins Bayview Medical Center. “The patient plays an important role in the overall outcome of the procedure.”

Dr. Mears, and his colleagues in the orthopaedic department, stress to patients the need to prepare for their surgeries, both physically and mentally. Helping to prepare is made easier by a revamped program called “A Joint Effort,” which is offered to every total joint replacement patient at Johns Hopkins Bayview.

“I'm a believer in ‘pre-habilitation,’” says Dr. Mears. “Building the strength in the muscles surrounding the damaged joint will not only help patients regain function more quickly, it also will help relieve pain and give them a good idea of some of the exercises they can expect to perform after surgery.”

“It's important for patients to acquaint themselves with the procedure, the recovery time and



the rehabilitation process,” continues Dr. Mears. “Studies show that those who have participated in programs (like A Joint Effort) spend two less days in hospital and improve much quicker after surgery than those who chose not to attend educational programs.” During A Joint Effort, patients learn about things such as anesthesia, pain management and exercise.

Patients must keep in mind though, that their success rates will vary and depend a great deal upon their age, weight and activity level. However, if they choose to prepare themselves for their procedure, it's much more likely that their experience will be very successful and much less stressful.

Health

Surgical Treatments for Hip Pain

The Johns Hopkins orthopaedic surgeons at Johns Hopkins Bayview Medical Center specialize in reliable and innovative treatment options for hip pain. There are several different factors that could determine which hip procedure you may benefit from the most. Most often, total hip replacement is performed for arthritic conditions, especially osteoarthritis. Your Johns Hopkins orthopaedic surgeon can help you decide which option is right for you.

Options include:

Total Hip Replacement

Total hip replacements can sometimes be recommended in the case of hip fracture or avascular necrosis (also known as osteonecrosis), a condition in which the bone of the ball portion of the hip dies. While most patients with artificial hips are over 55 years of age, the operation also is performed on younger people.



Traditional total hip replacement surgery is done through an incision that is usually about 5 to 8 inches in length. Beneath the incision, the muscle is separated, and the hip joint is exposed. The surgeon then removes the arthritic hip joint and replaces it with a metal and plastic implant. The surgeon performs this surgery by looking directly at the arthritic hip joint and setting the artificial hip implant into place.

After surgery, patients commonly stay in the hospital three to four days, and often require two to three months of rehabilitation.

Minimally-Invasive, Two-Incision Approach

This new technique allows our surgeons to perform total hip replacement surgery through two small incisions and with minimal muscle dissection. The surgeon uses X-ray guidance in the operating room to help position the artificial hip. This minimally-invasive procedure usually results in shorter hospital stays, quicker rehabilitation and no hip precautions after surgery.

Hip Resurfacing

Unlike a total hip replacement, a surface replacement leaves more of your bone in place and does not remove your femoral neck. With a total hip replacement, a metal pin is placed down the shaft of the femur. In a hip resurfacing procedure, a metal cap is used to replace the ball part of the femur. A highly polished metal on metal surface is used to reduce wear. The chance of dislocation is lower with this surgery than with a total hip replacement.

To learn more about treatment options, join us for a free

Joint Pain Seminar

For dates and to register, please call 410-550-0453

This procedure is generally used as an alternative to total hip replacement and is often suggested for active patients under the age of 55. Sometimes a patient will need to have a total hip replacement at a later date. Hip resurfacing may give the patient time for new technological improvements to emerge in the field of total hip replacement surgeries. Recovery from a hip resurfacing usually takes between two and three months.

—Michael Neely

To make an appointment, with a Johns Hopkins orthopaedic surgeon at Johns Hopkins Bayview, call 410-550-0453.