

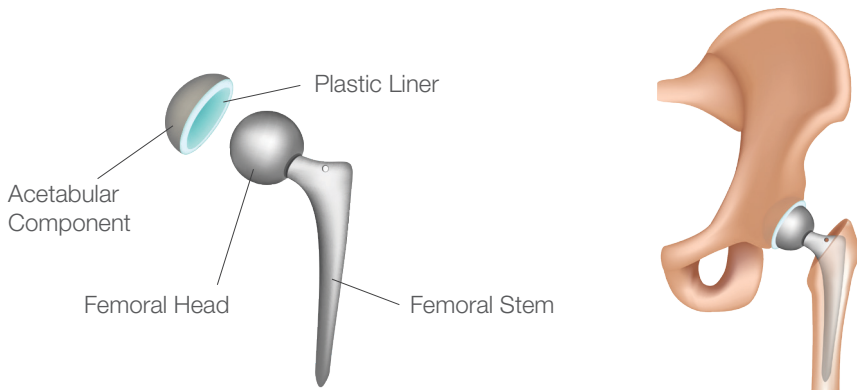
# Elective Total Hip Replacement



The Department of Orthopaedics offers specialist medical and surgical treatments on musculoskeletal disorders, joint replacements, foot and ankle disorders, among other trauma injuries. Our consultants and surgeons work closely with sports medicine physicians, physiotherapists, podiatrists and other healthcare professionals to help patients return to their normal activities after surgery.

## What is a total hip replacement?

A hip replacement surgery is performed using a man-made implant comprising a metal stem with a metal or ceramic ball on top. Made of safe materials, it can withstand corrosion, breakage and wear and tear.



## Who needs a hip replacement?

You may need a hip replacement if you experience/observe:

- Pain that worsens over the day or pain that wakes you up from sleep
- Stiffness that limits your movement and affects your daily activities
- Radiographic (X-ray) changes in your hip

A total hip replacement surgery is one of the most successful surgeries<sup>1</sup> around, with 90 to 95% lasting ten years<sup>2</sup> and 85% surviving 20 years<sup>3</sup>

# How long will surgery take?

A total hip replacement takes between one and a half to two hours to perform.

## Before surgery

A physiotherapist will share with you suitable exercises to speed up your recovery. An anaesthetist will discuss with you the different anaesthetic options available and assess your fitness level for surgery. A nurse will also share with you details of your surgery and inform you of certain medications you should stop taking before surgery (where necessary). A financial counsellor will speak to you on the estimated costs of your surgery and the payment options available.



## After surgery

### Can I bear weight on my new hip?

You may feel some discomfort at first, but the pain will lessen with time. You can usually start to bear some weight the next day with the help of a frame or crutches.

### What is my recovery rate?

Your wound will take between 12 to 14 days to heal, but swelling in the legs may take a few months to fully subside. Avoid driving for the next six weeks. Flying is not allowed for the first three months. Depending on your job, you should be able to return to work three to four months later.

# Possible risks and complications

After surgery, complications may arise that vary between individuals. These include:

- **Loosened implant**

Common in athletes or patients holding manual jobs, patients with rheumatoid arthritis (arising from abnormal bone structures) may also experience loosened implants.

- **Deep infection**

Patients with inflammatory arthritis, psoriasis, diabetes mellitus, malnutrition and those on immunosuppressive medication (e.g. steroids) are at higher risk of deep infection, which may require a further surgery to treat it.

- **Dislocation**

1 to 2% of patients experience a dislocation in the joint due to poor muscular tone, surgery for fractured hips, alcohol dependence and intellectual impairment. Dislocated joints can be pulled back if they are detected early. At times, surgery may be required.

- **Difference in limb length**

The operated hip is sometimes lengthened at surgery to prevent a difference in limb length and/or dislocation later.

- **Deep vein thrombosis**

Blood clots sometimes occur in the legs of about 3% of patients up to three months after surgery. Blood-thinning medication can be prescribed to treat it.

- **Fatal pulmonary embolism**

In about 0.3% of cases, life-threatening blood clots may develop in the lung three months after surgery<sup>4</sup>.



- **Complications arising from:**
  - The effects of surgery/anaesthesia
  - Existing medical conditions

Please inform your surgeon if you have any existing medical conditions before your surgery.

- **Nerve injury**  
Occuring in about 1 to 3% of cases, most nerve injuries are temporary and will improve with time.
- **Stiff joint**  
This rarely occurs due to the calcium that forms around the joint.

## Caring for your new hip

Please take note of the following for the first 12 weeks after surgery:



- **Do not** bend your hip more than 90 degrees



- **Do not** twist your body when you sit, stand or lie down



- **Do not** cross your legs when you sit, stand or lie down

*The information in this brochure is not exhaustive. If you would like to know more, please approach any of our friendly staff.*

- References:**
1. **Liang M, Cullen K, Larson M, Thompson M, Schwartz J, Fossel A.** Cost effectiveness of total joint arthroplasty in osteoarthritis. *Arthritis Rheum* 1986; 29: 937–943.
  2. **Malchau H, Herberts P.** Prognosis of total hip replacement. The Swedish National Hip Arthroplasty Register 1996. *Proceedings American Academy of Orthopedic Surgeons*. Atlanta: 1996.
  3. **Schulte K, Callaghan J, Kelley S, Johnston R.** The outcome of Charnley total hip arthroplasty with cement after a minimum twenty year follow up. *J Bone Joint Surg Am* 1993; 75(7): 961-975.
  4. **Howie C, Hughes H, Watts AC.** Venous thromboembolism associated with hip and knee replacement over a ten year period: A population base study. *J Bone J Surg* 2005; 87: 1675-1680.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

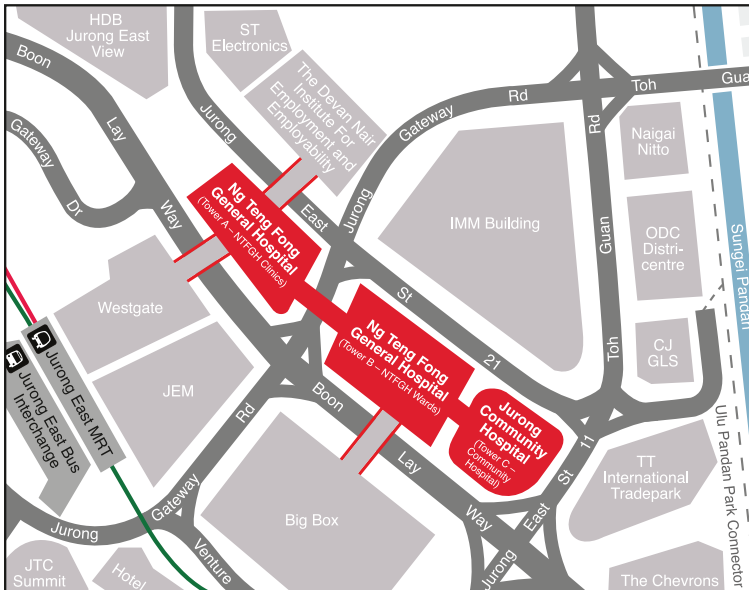
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.