

4 How should I take care of my hip after the surgery?

For routine hip replacements, you can usually start to bear some weight the day after surgery with the help of a frame or crutches.

For the first 3 months after surgery:

- **Do not** bend your hip more than 90 degrees or squat
- **Do not** twist your body when standing
- **Do not** cross leg when sitting

5 When should I call my doctor after discharge?



You develop a fever (over 38°C)



Your hip is suddenly in pain



You experience pain in your calf or chest



Your operation site becomes red, swollen, or shows any discharge

6 Do I need to take any precautions before future medical procedures?

From now on, you must inform any doctors (including dentists) treating you that you have undergone hip replacement surgery.

7 How long does a Total Hip Replacement last?

The lifespan of a Total Hip Replacement implant varies, but it can last for 15 to 20 years or more with proper care and maintenance. Factors such as patient activity level, weight, and overall health can affect the longevity of the implant.

Our Orthopaedic Centre is located at Level 4, Tower D

Operation Hours:
Monday – Friday: 8:30am-5:30pm
Saturday: 8:30am -12:30pm
Closed on Sundays & Public Holidays

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TOTAL HIP REPLACEMENT SURGERY

Restoring your mobility



UNDERSTANDING TOTAL HIP REPLACEMENT

What is Total Hip Replacement Surgery?

Total Hip Replacement, also known as hip arthroplasty, is a surgical procedure to replace a damaged or diseased hip joint with an artificial implant. The hip joint is a ball-and-socket joint, and when it becomes damaged due to conditions like arthritis or injury, it can cause pain, stiffness, and reduced mobility.

What happens during a Hip Replacement Surgery?

During the surgery, you will be under anesthesia to ensure you are comfortable and pain-free. The surgeon will make an incision to access the hip joint and remove the damaged bone and cartilage. The artificial implant, consisting of metal, plastic, or ceramic components, will then be securely placed to restore the function of the hip joint.



Benefits of Total Hip Replacement Surgery

Total Hip Replacement is generally a very successful operation that significantly improves the pain associated with hip arthritis. In tandem with a good rehabilitation program, it can help to restore mobility and participation in physical activities that your hip pain has prevented you from doing.

Before Surgery?

You and your surgeon have decided that a hip replacement is suitable for you. The indications and risks of the surgery will be discussed with you. It is important to compile a list of medications that you are currently taking and inform the doctor. Your written consent will be taken and further instructions will be communicated to you by the doctor.

Making your home safer and more comfortable while you heal is important. Therefore we recommend you do the following:



Move tripping hazards to avoid falls



Clear a walking path around all furniture to move around easily



Place items you will need within reach to lessen the need to bend down

After Surgery?

After surgery, you will spend some time in the hospital for monitoring and initial rehabilitation. Physical therapy will be a crucial part of your recovery process. A physical therapist will guide you through exercises to improve strength, flexibility, and mobility in your hip joint. It is important to follow your therapist's instructions carefully to optimise your recovery.

Discharge

Discharge from the hospital will be done after the doctors and rehabilitation team are happy with your progress. A follow up appointment will be arranged by your doctor to the orthopaedic clinic to monitor your recovery from surgery. You will be advised for further physiotherapy rehabilitation services depending on your needs. It is important to attend all follow-up sessions to maximise recovery and prevent further pain and stiffness in your hip.



Frequently Asked Questions

1 How long will the surgery take?

The surgery takes about 1 to 2 hours from the time you enter the operating room to the time you are moved to the ward.

2 What should I do if I am not feeling well before the surgery?

Please inform our hospital as soon as possible.

3 Will I experience pain after the surgery?

Analgesia (painkillers) will be prescribed to help you cope with normal postoperative pain and swelling. This will subside as you progress with rehabilitation exercises taught to you by your physiotherapist. Most patients experience less pain and swelling between 6 weeks to 3 months after their surgery.

