

# Hip Replacement Q&A

Here are some frequently asked questions about hip replacement surgery.

## Am I ready for hip replacement?

Only your orthopaedic surgeon can decide if hip replacement is the appropriate treatment for you. And only you can decide if you are ready for it.

## Am I too young for hip replacement?

Hip replacement is related to need, not age. Total hip replacement surgery can be an effective procedure that can help patients resume a more active lifestyle.

## Why do people wait so long to have hip replacement surgery?

Many people delay joint replacement due to fear, misinformation, or a lack of awareness about their treatment options.

## After hip replacement surgery, 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. Antibiotics may be prescribed before a procedure to help avoid infection.

## I live by myself. To whom can I turn for help during recovery and rehabilitation?

You will likely need assistance with your daily activities for several days to a few weeks following your hip replacement surgery. If family members or friends are unable to assist you, ask your surgeon about being admitted to a rehabilitation facility for at least a few days following your surgery so you can get the assistance you need.

## What should I expect once I've decided to have hip replacement surgery?

Once you and your surgeon have decided hip replacement is right for you, your primary care physician or internist will take you through a preoperative medical evaluation. Scheduling and recovery plans are then discussed with your surgeon and hospital personnel.

## How long will recovery and rehab take?

The typical hospital stay for hip replacement surgery varies, and each patient recovers differently. After surgery, you will work with a physical therapist to gradually increase your hip strength and mobility. Typically, full recovery takes 3 to 6 months.<sup>1</sup>

## How can I help protect my new hip implant?

Hip replacements are designed for the normal activities of daily living. Avoiding trauma and high impact activities are helpful in caring for your new hip implant.

## What is the cost of a hip replacement?

The cost of a total hip replacement should be discussed with your particular insurance company. Every plan varies in out-of-pocket expense to the patient. You should check with your insurance company regarding these potential costs.

## Will my new hip set off metal detectors?

The sensitivity of every metal detector is different, and it's possible that your implant might cause the machine to go off.

### References

1. <https://thedacare.org/news-and-events/symptoms-and-conditions/how-long-does-it-take-to-recover-from-hip-replacement-surgery>; accessed July 19, 2022

Please refer to the instructions for use for a complete list of indications, contraindications, warnings and precautions.  
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