

The Mini-Incision Total Hip Replacement

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Orthopaedic Surgery - Joint Reconstructive Surgery and Sports Injuries

Hip joint replacement surgery has proven to be a very successful pain relieving procedure. Satisfying results are reported in 90-95% of patients. Improvements in design and materials have potentially extended the life of these replacements to 25 years or more. Our goal has been to provide patients the best-proven techniques and technology to help them achieve goals of pain relief and maximum long-term function. Thus, over the last two years, we have adopted minimally invasive solutions to hip replacement surgery.

One of the biggest advantages of this type of hip replacement is size of incision. The incision is only about three inches compared to the twelve-to-eighteen-inch opening needed in a conventional hip replacement surgery. It involves less cutting of muscles, ligaments and tendons, causing decreased blood loss and a reduced amount of pain. The smaller incision means less trauma to the body. Healing and rehabilitation can begin sooner. Patients start rehabilitation quickly. Most are out of bed within six hours of surgery and leave the hospital within three days.

Minimally invasive hip replacement surgery has evolved because researchers spent time and effort looking for a method to reduce surgical trauma to patients. They focused on the methods used to access the hip, cut through the bone and replace the damaged hip with the prosthesis. Traditional bulky instruments were redesigned to make them long and slender. New retractors (which hold the skin open during the surgery) were developed to allow the surgeon to clearly see the hip through the small incision. Clinical trials were completed and good results were documented.

When approved for general use, orthopaedic surgeons were challenged to study the new technique to determine if it was the best option to



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incorporate into their practices. Skill, specialized knowledge of anatomy and meticulous attention to detail are important components in the surgeon's decision to use this procedure. With traditional surgery, adjustments can be made. Minimally invasive hip replacement surgery, on the other hand, requires precision. While this approach is beneficial to the patient, it is more difficult technically for the surgeon.

Working through a small incision requires special dexterity. However, with new devices and modifications of surgical instruments, it is expected that the approach will become more common, driven in part by patient demand for minimal invasive surgery in all specialties.

Because hip joint pain, caused by osteoarthritis, limits activity and has a negative impact the quality of life, patients turn to their physicians for help. When all non-invasive treatments fail to provide relief, a surgeon is often consulted to discuss hip replacement surgery. Surgeons have been replacing hip joints weakened by disease and the pain of osteoarthritis for decades. Hip replacement surgery is the recommended treatment when conservative approaches to pain prove to be ineffective. Most patients who have had their hips replaced are quite happy with results regardless which method was used. Using minimally invasive techniques surgery is less traumatic and results can be even more positive. Ideal candidates are within a normal range of weight and do not have severe deformity. Most patients are able to benefit to some degree with this technique.

As with any surgical procedure there are risks and no guarantee of success. *(Continued on back)*



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The Mini-Incision Total Hip Replacement continued...

Ask your surgeon how many procedures he or she has done and the outcome of the procedures. Almost everyone is a candidate for a minimally invasive hip replacement. Before undergoing any surgical procedure have all your questions answered. Ask your doctor if he or she thinks a minimally invasive technique is right for you.

For more information, call Advanced HealthLine at (262) 512-2880 or toll-free at 1-888-709-2080, or log onto www.ah.com.

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