

Total Hip Replacement

PATIENT INFORMATION SHEET

- This information sheet outlines any alternatives to a hip replacement and the risks of surgery
- You will be asked to sign a copy of this form before you leave the clinic which will be held in your medical notes
- This process aids us in gaining informed consent to carry out your operation

ALTERNATIVES to a Hip Replacement

Hip arthritis is a gradually progressive disorder and a hip replacement is only considered when you have developed severe pain and you have tried the following:

- Weight loss
- Adapting your lifestyle
- Painkillers
- Using a stick, crutch or brace
- Physiotherapy and exercises

RISKS of a Hip Replacement

- All operations have risks
- A hip replacement is a major operation and will place the body under stress
- Any underlying illnesses may worsen due to the operation

COMMON RISKS (2-5 people in every one hundred hip replacements)

- **Pain** The hip will be sore after the operation and for the first few months but a degree of ongoing pain or discomfort can occur, and in some cases be permanent
- **Bleeding** There will be blood loss during the operation. A blood transfusion or iron tablets may occasionally be required. Rarely, the bleeding may collect and need to be surgically drained
- **DVT (Deep Vein Thrombosis)** is a blood clot in a vein due to the surgery. It can cause leg swelling and pain. Stockings and blood thinning medication will reduce your risk

Starting to move your legs early is one of the best ways to prevent blood clots from forming

- **Loosening and wear of the hip replacement** They are designed to last many years, but in some cases, they fail earlier and require replacement surgery
- **Altered leg length** The operative leg may appear shorter or longer than the other. Patients usually adjust to this, occasionally it requires shoe raises or a further operation to correct the difference
- **Joint dislocation** A further operation is usually required to relocate the hip, it may be followed by the application of a hip brace or rarely if the hip keeps dislocating, a revision operation may be necessary.

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LESS COMMON RISKS (under one in every one hundred hip replacements)

- **Infection** The operation is performed under sterile conditions and you will be given antibiotics at the time of the operation. Despite this infections still occur. This requires a course of antibiotics. Rarely, surgery to washout the hip replacement or revise the replacement is required.

RARE RISKS (well under one in every one hundred hip replacements)

- **PE (Pulmonary embolism)** is the spread of a blood clot to the lungs and affects your breathing. This can be fatal
- **Major Nerve Damage** It is normal to have a numb area around the scar. Larger nerves can also be damaged leading to temporary or permanent weakness or altered sensation in the lower leg
- **Bone Damage** If a bone is broken or weakened during the insertion of the hip replacement further screw and plate fixation may be required to stabilise it either at the time or at a later operation
- **Blood Vessel Damage** the vessels around the hip may be damaged which would require further vascular surgery
- **Death** This very rare complication may occur after any major surgery and from any of the above complications.

INFORMED CONSENT

'Informed Consent' means that you have read and understood the above information, have discussed it with your consultant and have raised any queries or concerns you may have had, thus confirming that you understand the risks and consent to undergoing the procedure. You will be asked to sign a similar copy of this form confirming your consent and understanding of the risks.

If you are happy that you have tried alternatives to a hip replacement and that you accept the risks of surgery you will be booked for theatre and can expect a date for this in the post.

If you need more time or a further discussion with a doctor please let us know.

The next time you see the surgical team is likely to be in the period just prior to your operation. At this point the risks and benefits of surgery will be again discussed and a consent form will be signed.