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### What is a Total Hip Replacement (THR)?

Total Hip Replacement, also known as hip arthroplasty, is a surgical procedure in which the damaged or diseased hip joint is replaced with an artificial implant or prosthesis to relieve pain and improve function.

### Who is a candidate for Total Hip Replacement?

Candidates for THR typically include individuals with severe hip pain, stiffness, and loss of mobility due to conditions such as osteoarthritis, rheumatoid arthritis, avascular necrosis, or hip fracture that have not responded to conservative treatments.

### What are the types of hip implants used in Total Hip Replacement?

Hip implants can be made of various materials, including metal, plastic, or ceramic. They may consist of a combination of materials such as a metal stem with a ceramic or metal ball and a plastic or metal socket.

### How is Total Hip Replacement surgery performed?

THR is typically performed under general anaesthesia or regional anaesthesia. During the procedure, the damaged hip joint is removed and replaced with artificial components. The surgeon may use a minimally invasive or traditional approach based on individual factors.

### What is the recovery process like after Total Hip Replacement?

The recovery period after THR involves rehabilitation, pain management, and gradual return to normal activities. Patients may need to use assistive devices such as crutches or walkers initially and undergo physical therapy to strengthen the hip muscles and improve mobility.

### How long does it take to recover from Total Hip Replacement?

Recovery time varies from patient to patient but typically ranges from several weeks to several months. Most patients can resume light activities within a few weeks and gradually increase their activity level as they heal.

### What are the potential risks and complications associated with Total Hip Replacement?

Risks and complications of THR may include infection, blood clots, dislocation, implant wear or loosening, nerve injury, leg length discrepancy, and allergic reaction to implant materials.

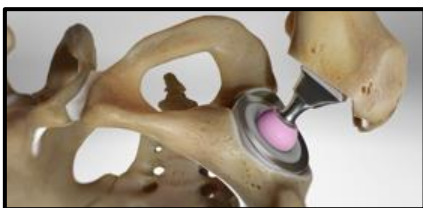
Patients should discuss these risks with their surgeon before surgery.

### How long does a Total Hip Replacement implant last?

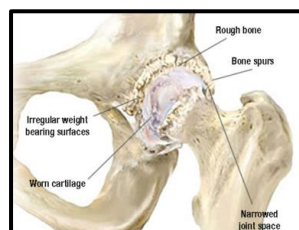
The lifespan of a hip implant can vary depending on factors such as the patient's age, activity level, implant materials, and surgical technique. In general, modern hip implants are designed to last for 15-20 years or more with proper care and maintenance.

### Can I return to sports or strenuous activities after Total Hip Replacement?

While many patients can return to low-impact activities such as walking, swimming, and cycling after THR, high-impact activities or sports that involve running or jumping may be restricted to avoid excessive stress on the hip joint.



**TOTAL HIP REPLACEMENT**



**HIP ARTHRITIS**



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