



WHAT TO DO FOR YOURSELF

- Stay healthy
- Look after your skin
- Discuss all blood thinning medications before surgery

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ANTERIOR APPROACH TOTAL HIP REPLACEMENT

WHAT IS IT?

The anterior approach is a technique of performing a hip replacement through the front of the hip. Because it does not involve cutting muscles or tendons, there are advantages in experiencing decreased post-operative pain and quicker recovery compared with the more commonly used approaches. While early recovery is important, the goal of joint replacement surgery is achieving good long-term outcomes.

This approach may not be suitable for every patient. Some factors include patient anatomy and underlying joint or medical conditions. I will perform this if it is safe to do so.

EXPECTATIONS OF SURGERY AND REHABILITATION

Total hip joint replacement is a procedure designed to improve your quality of life by relieving pain and improving function. Overall post-operative patients generally have a 95% chance of being satisfied for at least 10 years. Everyone is different and each patient will experience a different rehabilitation pathway. We will navigate this together.

RISKS

- Infection – This is rare at 1% but is a serious complication and may require a joint revision.
 - Blood clots – The risk is reduced by taking a blood-thinner after surgery.
 - Dislocation – <1%, may be avoided by following advice on precautions. Further surgeries may be required.
 - Leg Length – It is common to have some minor changes in leg length and usually goes unnoticed. At times it is unavoidable to achieve stability in the new hip.
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