

## **Q&A: Hip Replacement and You**

### **Norman Mindrebo, MD**

When is it time to consider hip replacement? It's time when other options—such as medication—still leave you with discomfort and severe pain. Dr. Norman Mindrebo, a board certified orthopaedic surgeon on staff at Riverview Hospital, answers some common questions about hip replacements.

#### ***Q. What are the risks and benefits of hip replacement?***

**Dr. Mindrebo:** Hip replacement carries the same risks as most surgeries. These include blood clots, infection, and complications from the anesthesia. The primary benefit often outweighs these risks. Most hip replacements last at least 20 years—and that means years to enjoy your favorite activities free from pain.

#### ***Q. What are the different kinds of hip replacement?***

**Dr. Mindrebo:** The first involves cementing artificial parts to remaining bone. A similar procedure also requires placing artificial parts near remaining bone. Doctors do not cement the parts, however. Instead, remaining bone grows around the new parts and attaches to them naturally during the healing process.

A newer hip replacement surgery technique involves minimally invasive surgery. This procedure is done with much smaller incisions. The technique may result in faster recovery and fewer complications in some cases.

A new procedure is called the hip resurfacing. In this procedure the worn areas of the hip joint are replaced with high carbide cobalt chrome. Hip resurfacing is an excellent option for younger individuals looking to return to an active lifestyle free from pain.

#### ***Q. How can I choose the best surgeon and hospital for my surgery?***

**Dr. Mindrebo:** Choosing a hospital close to home with an excellent surgical program, complimented by a pain management and physical medicine program is key. Orthopaedic surgeons are certified by the American Board of Orthopaedic Surgery, and many go on to additional fellowship or sub-specialty training. Choosing a board certified surgeon with additional training in your area of concern should be your primary goal.