

Private Hip Surgery Benefits & Treatment

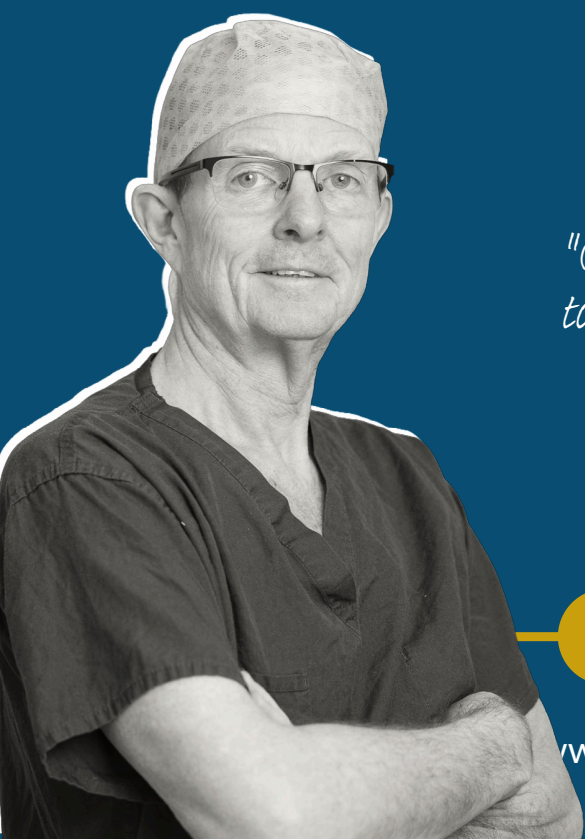
OPEN



With the right care and effort, most individuals return to a pain-free life, feeling grateful for the decision to undergo private hip surgery.

This guide covers the 'why, what and how' that surrounds private hip surgery.

Private surgery often includes comprehensive pre-operative consultations and post-operative support, ensuring you are well-prepared and recover effectively.



"Could private hip surgery be the right step towards improving your mobility quicker?"

BENEFITS

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Benefits of Opting for Private Hip Surgery

Choosing private hip surgery comes with an array of potential benefits including:

- **Reduced Waiting Times:** One of the most compelling reasons individuals choose private surgery is the dramatically reduced waiting period. This means less time in pain or discomfort and a quicker return to the activities you love.
- **Personalised Care:** With private care, you can expect more tailored treatment plans and one-to-one consultations with your chosen specialist.
- **Choice of Surgeons:** Access to well-known and experienced surgeons, like David Stitson, based at the Nuffield Hospital in Plymouth, who are known for their expertise and patient care in orthopaedic surgery.
- **State-of-the-Art Facilities:** Private clinics often offer modern facilities and advanced medical equipment, ensuring a comfortable and efficient surgical experience.

CONDITIONS

Common Conditions Requiring Hip Surgery

Hip replacements aren't just for the elderly; a variety of conditions may necessitate surgical intervention, including:

- **Osteoarthritis:** Wear and tear of the hip joint leading to severe pain and impaired movement.
- **Rheumatoid Arthritis:** An autoimmune condition that can damage the hip joints.
- **Fractures:** Serious breaks or fractures that cannot heal properly without surgical intervention
- **Hip Dysplasia:** A condition where the hip joint doesn't develop correctly, often leading to osteoarthritis at an earlier age.

WAIT TIMES

Hip Surgery Waiting Times PRIVATE vs. NHS

When it comes to waiting times, the wait for a private procedure tends to be significantly shorter. The NHS, though a reliable system, often has long waiting lists due to high demand and limited resources.

In contrast, with private surgery, you can often schedule your procedure within weeks, reducing the time spent dealing with pain and immobility. This quick access significantly influences many patients' decisions, leading to more timely treatment and rehabilitation.

"Quick access to surgery significantly influences many patients' decisions, reducing time spent in pain and being able to return to activities sooner."



TREATMENT



Treatment Options for Hip Surgery

- **Total Hip Replacement:** This involves replacing the damaged hip joint with a prosthetic one, often recommended for severe arthritis or damage. This type of operation may be considered for the treatment of pain and functional limitations resulting from various kinds of arthritis.
- **Revision Hip Replacement:** An advanced procedure designed to address the issues arising from prior hip surgeries, restoring your mobility and alleviating discomfort.



"The goal of a total hip replacement is to relieve pain and restore function to your hip, with most patients doing well three months after the operation."

PROCEDURE?

Choosing the Right Hip Procedure

Selecting the right procedure is crucial and involves a detailed discussion with Mr Stitson. Considerations include:

- **Severity of Your Condition:** More severe conditions may necessitate a total replacement or hip resurfacing.
- **Lifestyle Factors:** Your level of activity and lifestyle preferences can also influence the best surgical choice for you.
- **Surgeon's Recommendation:** Trusting the expertise of your chosen surgeon, like David Stitson, can help guide your decision based on their experience and your unique case.

"Total hip replacement surgery is one of the most successful operations to improve your quality of life and reduce chronic pain."

REHAB

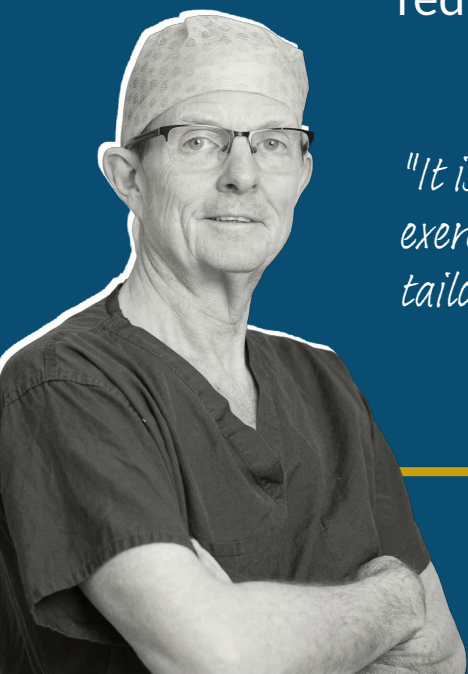


Recovery and Rehab

Make sure to adhere to any movement restrictions, such as avoiding crossing your legs or bending too far forward. Maintaining a balanced diet rich in protein, vitamins, and minerals will significantly assist the healing process by providing essential nutrients for tissue repair.

Physiotherapy plays a vital role in your recovery journey. Here are a few typical exercises you might encounter:

- **Ankle Pumps:** Promotes circulation by gently flexing and extending your feet.
- **Glute Squeezes:** Helps strengthen the muscles in your buttocks, supporting your new hip.
- **Leg Raises:** Builds strength in your thighs and reduces strain on your hip during activities.



"It is important to stay consistent with your therapy exercises and attend all recommended sessions as they are tailored to optimise your recovery."

RECOVERY



Long-Term Recovery and Lifestyle Adjustments

Long-term recovery involves making lifestyle adjustments that support the longevity of your hip replacement and ensure a high quality of life.

- **Maintaining a Healthy Weight:** Keeping a healthy weight reduces undue stress on the hip joint, enhancing its lifespan.
- **Regular Exercise:** Continuing with a regimen of low-impact exercises helps maintain hip strength and flexibility.
- **Routine Check-Ups:** Regular follow-ups with your orthopaedic surgeon are essential to ensure the hip replacement remains functional and to exclude any early issues.

Adopting habits that promote joint health is vital as part of your long-term recovery strategy.

CONTACT



Deciding to undergo hip surgery is a significant step, and certain criteria can help determine if it's the right choice

Book a Consultation

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