

Common Concerns on the Second Visit After Your New Hip

My hip is still.... – Typical concerns at this time are continued stiffness, warmth, swelling, or night pain. These are all completely normal, and part of the healing process. Remember, maximal healing from hip replacement typically takes 1 full year. The concerns you have now should resolve by then.

My hip feels “numb” on the outside – This is a normal sensation as the nerve that gives sensation to the skin along the outside of the hip was disturbed with surgery. This area may also burn as the nerve attempts to regenerate. Nerve regeneration is a very slow process, with maximal improvement coming by 1-2 years.

Do I need a joint replacement card to travel? – No. The TSA does not change the way you are screened with or without a joint replacement card. For more information, please follow the Disabilities and Medical Conditions link at www.tsa.gov.

Do I need antibiotics for routine dental cleanings? – No. The January 2015 American Dental Association clinical practice guideline states, “In general, for patients with prosthetic joint implants, prophylactic antibiotics are not recommended prior to dental procedures to prevent prosthetic joint infection.” For more information, please search www.ada.org.

Are there any restrictions on my hip replacement? – No. Please use good common sense, but there is no specific activity you need to avoid. At this point, the ingrowth of the bone and metal components are stabilized. Also, the strong layer of tissue called the capsule has healed to help keep your hip in socket. If your hip hurts too much, you are simply doing too much. With normal activities, the plastic used in your hip replacement should last about 30 years. We will check your new hip with periodic x-rays to monitor for wear or mechanical issues.

Please enjoy your new hip, and you can also visit Dr. Petrow’s homepage at www.tucsonroboticjointreplacement.com for additional information.