

Dr. Vigdorichik created a “Reduced Risk” Hip Replacement protocol to help avoid complications and produce a quicker recovery. The best way to avoid a complication is to predict it, do something differently, and keep it from happening. He creates a unique surgical plan customized to each patient based on their mobility and anatomy. Dr. Vigdorichik uses a robot for all hip replacements to ensure optimal execution of the operation. He is a world leader in robotic-design, and trains surgeons from around the globe.

### **Total Hip Replacement FAQs**

1. **How long is the surgery?** Average surgical time is typically 1 hour. You could spend up to 2.5 hours in total in the operating room, which includes set up, anesthesia, positioning, surgery, and closure.
2. **What is the implant made of?** Titanium implants with a ceramic ball and polyethylene (plastic) spacer.
3. **What are some potential complications with hip replacement at HSS?**
  - Hip Dislocation:** less than 1 in 500 with the specialized protocols developed by Dr. Vigdorichik
  - Infection:** 0.2% - lowest in the country at HSS
  - Blood Transfusion:** 99.5% of patients do not need a blood transfusion with robotic surgery
  - Permanent Nerve Injury:** less than 1%
  - Blood Clots:** 0.01%
  - Fracture:** less than 1%
  - Leg Length discrepancy:** Typically, your leg will have slowly gotten shorter over the years due to your condition. During hip replacement surgery, we work towards restoring the original length.
4. **How many nights do I spend at the hospital?** We plan for most patients to go home the same day or just overnight.
5. **Will I be going home or to a rehab facility after surgery?** Home. We do not need to send patients to rehab facilities anymore with Dr. Vigdorichik’s surgical techniques.
6. **When will I walk?** The same day as your surgery! Most patients will use a walker for ~1 week, then a cane for ~3 weeks. At 6 weeks after surgery, you should be walking pretty normally.
7. **Do I have to do physical therapy after surgery?** We recommend 3 different types of physical therapy depending on your needs: on your own, virtual physical therapy, and in-person visits.
8. **How long do I continue on my blood thinner AFTER surgery?** 6 weeks
9. **When can I fly?** Flying is not recommended until 6 weeks after surgery. Sooner, on a case-by-case basis.
10. **When can I drive?** You must be off pain medications and feel comfortable sitting without any issues. If you have surgery on your right hip, you cannot drive for about 3-4 weeks. Left hip surgery, usually 2 weeks.
11. **What should I expect after surgery during my recovery?**
  - Swelling and bruising is normal for up to 6 weeks after surgery, but it will slowly improve over time.
12. **When can I shower?**
  - You may shower as soon as you get home from the hospital – the bandage is waterproof.
  - Do not scrub the incision. Be sure to pat the incision dry with a towel after showering.
  - Any submersion in water including a bath, Jacuzzi, hot tub or swimming pool is NOT permitted during the first 4 weeks after surgery.
13. **How long do I leave my dressing on?**
  - You may remove your dressing 1-week after you are discharged from the hospital.
  - If you have surgical glue, it will naturally dissipate within 2-4 weeks. Do not peel it off.
  - If you have staples, they can be removed by your visiting nurse at 2 weeks after your surgery.
14. **When can I return to work?** Most patients return to a desk job between 2-4 weeks. Labor-intensive jobs require an approval from the doctor before returning to work, but typically 4-6 weeks.
15. **When can I have a dental cleaning/dental work?** No dental work for 3 months after the procedure unless cleared by Dr. Vigdorichik. You MUST take antibiotics, 1 hour before any dental work.
16. **What’s next?** Follow up with your medical clearance to be sure YOU ARE cleared and ALL images have been completed. NO medical clearance = NO surgery.