

A hip, new solution

Hip resurfacing can be a good alternative to total joint replacement

Do you have a degenerative joint disease, such as arthritis, that is affecting your hip joints? Traditionally, total joint replacement surgery would have been your only option to correct the damage. But now there's another option: total hip resurfacing arthroplasty. Boca Raton Community Hospital is proud to offer the expertise of orthopedic surgeon Jason S. Weisstein, MD, MPH, FACS, a respected authority on the new technology. He has performed more procedures using the total hip resurfacing technology than any other surgeon in Palm Beach or Broward County.



Jason S. Weisstein,
MD, MPH, FACS

This procedure preserves bone and helps restore a patient's hip comfort and function. The goal is to return the best possible function to the joint by replacing damaged joint surfaces with artificial ones. During the procedure, surgeons replace the hip socket in much the same way as a conventional total hip replacement but they resurface the head of the femur instead of removing it. Floyd Landis underwent this procedure after the Tour de France and is actively participating in cycling races across the country.

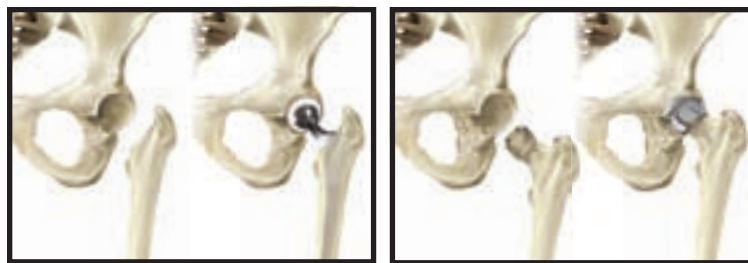
A BETTER OPTION

While hip resurfacing is not a minimally invasive procedure, it is a good alternative to total hip replacement for healthy, active and motivated people who have limited hip function because of arthritis, avascular necrosis or developmental hip dysplasia, and wish to return to their active lifestyles.

The procedure has the potential to allow patients to be more active than with standard total hip replacement, to have better motion and stability, and to be left with more bone in case total hip replacement is necessary in the future. And according to intermediate term studies, hip resurfacing has a very high success rate, meeting patient

 Free booklet

Call 561.95.LEARN (561.955.3276) for a free copy of our booklet about joints.



The illustration on the left shows how much bone is removed for a total hip replacement. On the right, you can see how much more bone can be preserved when a hip joint is resurfaced.

expectations even 10 years after surgery.

Hip resurfacing is not for everyone. It is intended for patients with high functional demands for whom traditional total hip replacement is a poor option because of anticipated failure and revision surgery.

Risk factors of hip resurfacing include fracture of the femoral neck, infection, component loosening and hypersensitivity to metal ions. Most of these risk factors can be effectively managed if they are promptly identified and treated. Dr. Weisstein cautions patients to seek out a highly trained expert for this procedure if they are considering it.

Walking and strengthening exercises are encouraged soon after surgery to help achieve the best possible hip function. Many patients can return to leisure activities within three months. Your doctor or surgeon can suggest activities that will be most beneficial to your recovery.

 For more information

To learn more about Dr. Weisstein and hip resurfacing or for a complimentary physician referral, call 561.95.LEARN (561.955.3276).

Is resurfacing right for you?

Total hip resurfacing arthroplasty is recommended for young, active patients when:

- Arthritis has been resistant to conservative measures.
- They are sufficiently healthy to undergo the procedure.
- They understand the risks and alternatives.
- The surgeon is trained and experienced in hip resurfacing.
- There is no medical or surgical contraindication to the procedure.

At least a month before the procedure, patients should stop smoking. Any heart, lung, kidney, bladder or dental problems should also be managed before surgery. Patients should tell their doctor about any allergies they have and about all the prescription and non-prescription medications they are taking.

If you are considering hip resurfacing, talk to your doctor about the risks and benefits of the procedure to see if it's right for you.