

## Hip replacement: questions for your orthopedic surgeon

For total hip replacement (anterior or posterior approach), hip resurfacing, and partial hip procedures. *Use these as inspiration. The approach matters significantly for recovery.*

### ABOUT MY PROCEDURE

1. What surgical approach do you recommend (anterior, posterior, lateral)? Why this one for me?

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2. What kind of implant will you use (ceramic, metal, plastic — which combination)?

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3. How long should the implant last, and what's the revision likelihood at 15-20 years?

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4. Do I need both hips, and if so, are they done at the same time or staged?

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### HIP PRECAUTIONS

1. What hip precautions will I have, and for how long?

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2. Do these precautions vary by approach (anterior approach often has fewer)?

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3. Can I sleep on my operative side? When?

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4. Are there permanent precautions (no high-impact activities, etc.)?

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## RECOVERY TIMELINE

1. When can I bear full weight?

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2. Walker → cane → no aid timeline?

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3. When can I drive (right vs left, automatic vs manual)?

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4. When can I return to my job (mine specifically)?

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5. When can I resume sex, exercise, hiking, golf, swimming, cycling?

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6. When can I climb stairs normally?

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## RISKS AND OUTCOMES

1. Risks specific to this approach (dislocation, leg-length difference, nerve, DVT)?

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2. Your dislocation rate? Your infection rate?

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3. What does an excellent vs good vs average outcome look like for someone my age?

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4. Will I notice the implant in daily life — clicking, restriction, anything?

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## HOME AND LOGISTICS

1. Home setup: raised toilet seat, shower bench, hip kit?

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2. Will I need help at home? For how long?

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3. Pre-hab — exercises before surgery? Weight management?

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4. What's the discharge plan — same day, overnight, multiple days?

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*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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